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THE SIGNIFICANCE OF ALCOHOL CONSUMPTION TO LEISURE: AN EXAMINATION OF THE RELATIONSHIPS BETWEEN ALCOHOL CONSUMPTION AND LEISURE BEHAVIOUR IN ALBERTA

BY

ROBERT W. KASSIAN

A thesis submitted to the Faculty of Graduate Studies and Research in partial fulfillment of the requirements for the degree of MASTER OF ARTS

IN

RECREATION

DEPARTMENT OF RECREATION AND LEISURE STUDIES

EDMONTON, ALBERTA

FALL, 1994

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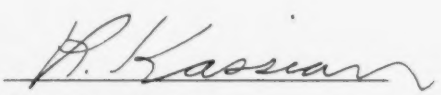

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ABSTRACT

Despite the relative abundance of anecdotal and perceptual evidence which suggests a significant connection between alcohol consumption and leisure behaviour, surprisingly little empirical research has addressed the interplay between alcohol consumption, leisure activity and personal well-being. The results from a recent study based upon the Alberta portion of the Canadian *National Alcohol and Other Drugs Survey* (NADS) explored the relationships between alcohol use and leisure, and thus represents a step towards addressing this historic deficiency. The results of the study have implications for (1) future research concerning the relationship between leisure behaviour and alcohol consumption; and (2) how policies might be developed in order to make the most use of scarce resources to address problems related to excessive or problem drinking in leisure contexts. The results of the study suggest that the relationships between alcohol consumption and leisure do not appear to involve a consistent and general pattern, but appear to vary according to the nature of the particular leisure activity or context; patterns do appear to exist in relation to certain types or classes of leisure activities or involvements and there is some evidence to indicate that the specific sociodemographic characteristics of participants play a very important role in determining patterns of alcohol use. These findings suggest that policies on alcohol consumption in leisure situations should give greater attention to the context and activity specific nature of the relationships between these two variables. Although researchers have examined both harmful and non-harmful aspects of alcohol consumption in leisure contexts, the former type of study is much more prevalent. The present study suggests that in order to develop effective and appropriate policies on the use of alcohol in leisure situations that make the most efficient use of scarce resources, it is important to identify those contexts, attitudes and sociodemographic characteristics that are associated with either a harmful or a benign relationship between alcohol consumption and leisure.

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CHAPTER 1

INTRODUCTION

Rationale for the Study

Although an important connection between alcohol consumption and leisure behaviour is commonly accepted by both researchers and the general public, surprisingly little empirical research has examined the relationships between the two (Berg & Neulinger, 1976; Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Husch, 1991; Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Simpura, 1985; Young & Kronus, 1977). As a result, many of the assumptions and beliefs that underlie policies and programs concerning alcohol use in leisure activities and contexts are based on very limited data and have not been tested and refined through extensive empirical research. Previous studies of alcohol use in Alberta and elsewhere have invariably considered its relationships to health, home, a variety of social or personal problems, and the workplace (Ames & Janes, 1987; Casswell & Gordon, 1984; Cosper & Hughes, 1982; Estaugh & Power, 1991; Fisher & Griffiths, 1990; Martin, Blum & Roman, 1992; Plant, 1981; Seeman et al., 1988; Sonnestuhl, 1988; Strachan, 1990; Stebbins, 1988; Stimmel, 1991; Trice & Roman, 1978; Trice & Sonnenstuhl, 1990; World Health Organization, 1986). However, contemporary concerns about the well-being of the population (Health and Welfare Canada, 1993), combined with increasing demands for more effective use of scarce public resources (Murray, Thomson, & Douglas, 1984), has drawn attention to the need for a better understanding of overall patterns of alcohol use - and, in particular, its use in leisure. There are a number of important limitations to the relatively small body of research which has directly addressed the relationships between alcohol use and leisure behaviour. Previous studies have been inordinately influenced by the medical and public health frameworks which have dominated previous research on patterns of

alcohol consumption generally (Ashley & Rankin, 1988). As a result, research has focused primarily upon alcohol-related problems in leisure activities and contexts, and has generally not been sufficiently informed by contemporary leisure research. In addition, studies have typically involved small and often non-random samples which cannot be generalized to the wider population. Therefore, the initial findings, trends or implications of preliminary research on the relationships between alcohol use and leisure behaviour have not been adequately tested, refined or extended through further empirical research. There is also a need for further research which demonstrates an awareness of the connections, contrasts and tensions between general research on alcohol consumption and contemporary leisure research. It is hoped that this study will begin to address these limitations and deficiencies and contribute to an improved understanding of the relationships between alcohol consumption, leisure behaviour, and individual well-being.

Statement of the Problem

The purpose of the study was to examine the relationships between alcohol consumption and leisure behaviour in Alberta through an analysis of data obtained from the Canadian *National Alcohol and Other Drugs Survey*, 1989 (NADS). The NADS included a number of questions about both the frequency and the amount of alcohol consumption, participation in eleven leisure activities, five attitudinal measures of the use and consumption of alcohol, and sociodemographic characteristics (Health and Welfare Canada, 1992). However, the relationships between alcohol consumption and leisure behaviour were not addressed by Health and Welfare Canada in its analysis of the NADS (Health and Welfare Canada 1990, 1992). The present study examined sociodemographic characteristics, patterns of alcohol use, and attitudes about selected aspects of alcohol consumption, in relation to eleven specified leisure activities or contexts. Delimiting the scope of leisure

behaviour examined within this study to eleven specified leisure activities provided a means of making meaningful comparisons with several previous and recent studies of the relationships between alcohol use and leisure that have focused upon specific leisure activities and contexts (Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Health & Welfare Canada 1992, 1990; Perdue & Rainwater, 1984; Simpura, 1985; Young & Kronus, 1977).

Objectives of the Study

This study explored the relationships between alcohol consumption, participation in eleven leisure-activities and attitudes towards alcohol consumption, based upon data from the Alberta sample of the *National Alcohol and Other Drugs Survey* (NADS) which was released to Dr. T.L. Burton by Health and Welfare Canada in the fall of 1990. The relationships between patterns of alcohol use and leisure behavior were examined by reference to three specific though related issues: (1) sociodemographic characteristics of participation in eleven specified leisure activities; (2) alcohol consumption (frequency of drinking and the amount of alcohol consumed per drinking occasion) and the frequency of participation in these eleven leisure activities; and (3) attitudes towards alcohol consumption and the amount of alcohol consumed per drinking occasion while participating in the eleven leisure activities. Several previous studies have explored some or all of these same issues to some extent, although typically in relation to small or non-random survey samples (Beck & Summons, 1985; Berg & Neulinger, 1976; Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Fitzgerald & Mulford, 1986; Health and Welfare Canada, 1992; Husch, 1991; Mann & Talty, 1990; McCormick, 1991; Pendorf, 1992; Perdue & Rainwater, 1984; Rahkonen & Ahlström, 1989; Sessons & Oakley, 1969; Simpura, 1985; Williamson & Burton, 1993; Young & Kronus, 1977). It is through the examination of these three principal issues that the study hopes to contribute to a

better understanding of the relationships between alcohol consumption and leisure behaviour, one which is able to build upon and extend the results of previous studies.

Delimitations and Limitations of the Study

The study was conducted using the Alberta sample from the *National Alcohol and Other Drugs Survey* (NADS), which was carried out by Statistics Canada on behalf of Health and Welfare Canada, in March 1989. The NADS sample consisted of 11,634 randomly-selected Canadians from the ten provinces who were at least 15 years of age or older. It excluded residents of the Yukon and Northwest Territories and individuals who were residents of hospitals, prisons and other institutions. Data were collected from respondents by means of telephone interviews resulting from calls to households via the random digit-dialing method. The response rate was 79 per cent. This high response rate is one of the important strengths of the NADS and gives support to the reported results. In addition, the data were weighted to account for people who did not respond, households with multiple telephones, the number of people living in the household, the age and sex of the population, and the Census projection counts for the provinces. The Alberta sample from the NADS consisted of 992 respondents.

However, while this study benefits from the scope and detail of the NADS, it is also subject to the same limitations and constraints. The principal limitations of the study are: (1) the random-digit dialing method of data collection excludes certain populations from inclusion in the analysis, populations which cannot be entirely accounted for through the application of a weighting factor to the data; (2) the very small size of some particular populations of alcohol users greatly limits the extent to which the characteristics of these populations may be explored; (3) although a growing body of literature supports the validity of self-reports concerning alcohol use, a certain amount of under-reporting may be expected in relation to various

aspects of its use; and (4) although employing secondary data provides a large sample size which may be compared and contrasted with other similar studies, it limits the range of issues concerning alcohol use and leisure behaviour which may be addressed. The delimitations and limitations of the study will be discussed in greater detail in Chapter three, which addresses the methods and procedures employed in the study.

CHAPTER II

REVIEW OF THE LITERATURE

Studying the Relationships between Alcohol Use and Leisure Behaviour

The body of literature which has directly addressed the relationships between patterns of alcohol consumption and leisure behaviour is very small. However, the examination of the relationships between alcohol use and leisure involvements has been influenced to a very large extent by (1) research concerning general patterns of alcohol use and abuse which are not exclusively or directly associated with leisure behaviour or contexts; and (2) the nature of research on the complex and multifaceted phenomenon of leisure itself. In order to adequately address the literature which directly examines the relationships between alcohol use and leisure then, it is first necessary to address these two key related bodies of literature, and how they have subtly directed, structured and influenced studies on alcohol use and leisure. The importance of studies which have examined general patterns of alcohol use will be addressed first.

Studies on the Use and Abuse of Alcohol

An examination of the multitude of factors which have been empirically related to alcohol problems is beyond the scope of this study. Consequently, the focus will be upon major trends in alcohol research from a public health perspective, which have been of particular importance to previous research on the relationships between alcohol use and leisure behaviour. Although studies of patterns of alcohol use among various diffuse and diverse populations express a variety of research interests and concerns, this large body of literature is overwhelmingly oriented towards the identification, treatment and prevention of alcohol-related health problems (Abel & Sokol, 1987; Ashley and Rankin; 1988; Bowen, 1988; Health and

Welfare Canada, 1993; Institute of Medicine, 1989; Orford, 1990; Rush & Ekdahl, 1990; Sanchez-Craig, 1986; Seeman & Anderson, 1983; Stimmel, 1991; Strachan, 1990; World Health Organization, 1986). While the vast majority of these studies agree that a certain proportion of persons in every community suffers from alcohol-related problems, there is also a recognition that the identification and description of alcohol-related problems varies greatly according to individual or group perceptions and experiences:

> Those whose primary orientation is toward the promotion of the production, distribution, and sale of alcoholic beverages, as a commodity, will view increases in alcohol consumption as desirable. On the other hand, those concerned with the adverse social, economic, and health consequences of alcohol use may view such increases as undesirable, as would others, who, for moral or religious reasons, define any use of alcohol as unacceptable (Ashley & Rankin, 1988: 233).

Thus, while there is generally wide agreement that alcohol-related problems do exist, there is considerably less agreement on the specific nature of these problems, exactly who suffers from them, and which policies and programs are most effective in the prevention and treatment of alcohol-related problems (Ashley & Rankin, 1988; Emrick, 1987; Miller & Hester, 1989; Morgan, 1981; Sanchez-Craig, 1986; Shields, 1989; Stimmel, 1991). Although attitudes in North America today may be considered to be generally more accepting of alcohol use and less likely to condemn all aspects of alcohol consumption than in the past, there remains considerable concern over the personal and social impacts of problem or excessive drinking:

> Concern over the adverse effects of alcohol developed during the nineteenth century and grew into the temperance and prohibitionist movement . . . Since then, drinking has become an accepted part of our way of life. But there is still controversy. Advocates claim that *moderate* social drinking facilitates communication, allows a person to relax after a hard day, assists those unable to sleep, and diminishes chances of heart attack. Critics say that drinking increases antisocial behavior that puts the user and public at risk, causes severe illness and death, places unborn children at risk, and facilitates the use of illicit drugs. Without question, *excessive* consumption of and dependency on alcohol is associated with a wide array of adverse psychological, physical, and societal effects (Stimmel, 1991: 60).

Although the distinction between what constitutes moderate or excessive drinking behaviour for different persons in various contexts has not been very clearly defined by previous research, the negative impacts upon both individual and collective well-being of problem or excessive drinking have been well documented in many previous studies (Institute of Medicine, 1989; Stimmel, 1991; Straus, 1988; World Health Organization, 1986). Many diverse physical, psychological and social ills have been attributed to problem or excessive drinking and alcohol use has been found to play a role in the etiology, development and outcome of a number of chronic and acute physical, psychological and behavioural disorders (Ashley & Rankin, 1988; Beilin, 1987; Institute of Medicine, 1989; World Health Organization, 1986). Among the many physiological problems associated with alcohol use are alcohol dependence, injury to self or others, debilitating disorders of the nervous, gastrointestinal, respiratory and cardiovascular systems, brain tissue damage, liver diseases, upper gastrointestinal cancer, breast cancer, and a number of fetal abnormalities or highly undesirable pregnancy outcomes related to embryotoxic and teratogenic effects of alcohol consumption (Abel & Sokol, 1987; Adesso, Ritchie & Stasiewicz, 1990; Ashley & Rankin, 1988; Beilin, 1987; Bowen, 1988; Institute of Medicine, 1989; Straus, 1988; Williamson & Burton, 1993; World Health Organization, 1986).

Ashley and Rankin (1988) have suggested that current community attitudes towards alcohol use and alcohol-related problems and contemporary beliefs and approaches towards the prevention of alcohol-related problems may be viewed in terms of four distinct concepts or models: (1) moralistic and religious concepts; (2) the disease concept; (3) the integration or responsible drinking concept; and (4) the population consumption model. Moral and religious concepts refer to the prevailing view among certain religious groups that alcohol use is sinful and that all forms of alcohol consumption should be avoided. From this perspective, all forms of alcohol consumption are morally wrong and all persons are encouraged or legally required to

abstain from alcohol consumption; drinking represents a serious risk to individuals and the community regardless of the particular persons who are involved or the context in which the drinking occurs. This perspective was most prevalent during the total abstinence movement when laws were enacted which prohibited or severely restricted the consumption of alcohol in North America, parts of Europe, Australia and New Zealand in the nineteenth and early twentieth centuries (Ashley & Rankin, 1988). Although prohibition is now commonly considered to have been a failure, health and social problems associated with alcohol were drastically reduced during this period in the United States (Ashley & Rankin, 1988). Although the moral and ethical values of the temperance movement and prohibition period do not correspond to more contemporary values, moral and ethical issues related to alcohol use continue to be the subject of much debate between researchers, practitioners and policy-makers as well as in contemporary popular discourse (Alexander, 1993; Beke & Kromhout, 1993; Beke & Kleimand, 1993; Dunn, Glascoff & Knight, 1993; Stebbins, 1988; Willis, 1990).

The disease concept involves a shift in the focus of concern about alcohol-related problems from the broad community to the small proportion of persons within communities that is engaged in excessive drinking (Ashley & Rankin, 1988; Trice & Roman, 1978; Roman, 1988; Stebbins, 1988). This change in perspective occurred in the period immediately following the prohibition movement in North America. A very large proportion of studies which adhere to this general perspective are almost exclusively concerned with persons who suffer directly or indirectly from alcoholism (Annis, 1985-86; Cherpitel, 1991; Emrick, 1987; Farragher & Webb, 1991; Gillet et al., 1991; Malla, 1988; Shields, 1989; Strachan, 1990; Woodside, 1988). Alcoholism is viewed as a disease, like other biological conditions, for which the sufferer is not responsible: the inability to control the use of alcohol is caused by the development and progression of the alcoholic condition (Ashley & Rankin, 1988). Fundamental to

the disease concept are the beliefs that: (1) only a small proportion of the population drinks to excess and experiences health, social, economic or other problems resulting from drinking; and (2) most problems associated with alcohol consumption are caused by persons who suffer from alcoholism, while the vast majority of persons in the community can drink with relative impunity (Ashley & Rankin, 1988). Although this model may be widely accepted in the community, other forms of drug use or substance abuse are not necessarily viewed in a similar manner:

> In the case of alcohol the focus has shifted from a bad substance (Abstinence Movement) , to bad users, or alcoholics (Alcoholism Movement). For other substances, particularly illicit drugs, the predominant community view is still that problems are caused in normal people by bad substances (Ashley & Rankin, 1988: 236).

However, there is a great deal of controversy in terms of exactly what behaviours and symptoms are indicative of alcoholism or problem drinking, and which persons suffer from this highly stigmatized affliction (Trice & Roman, 1978).

Unlike the previous two models which have been discussed, the third model identified by Ashley & Rankin (1988) is not primarily oriented towards the negative aspects of alcohol consumption, but is concerned with identifying and encouraging drinking behaviours that are less likely to result in harm to self or others. The integration model is based upon the integration hypothesis and the concept of responsible drinking. The integration hypothesis proposes that alcoholism and other alcohol-related problems are a result of a failure on the part of society to integrate alcohol use into the everyday fabric of social life (Ashley & Rankin, 1988). This perspective assumes that alcoholism is less prevalent in countries such as France, where wine production and consumption is prevalent and where alcohol use is integrated into the fabric of everyday life (Ashley & Rankin, 1988). These countries tend to favour the 'continental' style of drinking: alcohol is regarded primarily as a social drink and is not consumed for the sole purpose of getting drunk (Ashley & Rankin, 1988; Rahkonen & Ahlström, 1989). This suggests that the values and

beliefs which are attached to alcohol use by different peoples and cultures play an important role in preventing or encouraging problem drinking. Fundamental to this model is the concept of responsible drinking as a means of preventing alcohol-related problems (Ashley & Rankin, 1988). This introduces the idea of moderation or social drinking as means of reducing or altogether avoiding problems related to alcohol consumption (Baum-Baiker, 1985; Beke & Kromhout, 1993; Hauge & Irgens-Jensen, 1990; Neff, 1985; Neff & Husaini, 1982; Vogel-Sprott, 1983). From this perspective, the development of responsible or more moderate drinking behaviour and the integration of this more responsible drinking behaviour into the day-to-day fabric of social life are essential to the reduction of problems related to alcoholism and excessive drinking. Although many of the assumptions about drinking behaviour in different cultures upon which the integration hypothesis is based are clearly flawed and are contradicted by the results of a number of empirical studies (Gofton, 1983; Smith 1985, 1983; Willis, 1990), the concept of responsible or more moderate drinking and the recognition of the importance of cultural attitudes towards alcohol continue to be of great importance to researchers (Baum-Baiker, 1985; Gofton, 1983; Hauge & Irgens-Jensen; Neff, 1985; Neff & Husaini, 1982; Rootman, 1988; Smith 1983, 1985; Vogel-Sprott, 1983; Willis, 1990).

The fourth and final model identified by Ashley and Rankin (1988) is the population consumption model. This model represents a shift in the focus of researchers concerned with the public health aspects of alcohol use away from individuals suffering from alcoholism towards overall patterns of alcohol use in communities, factors which influence alcohol use, and the relationships between various levels of alcohol consumption and the development of alcohol-related health problems in the population as a whole (Ashley & Rankin, 1988). Essentially, this model represents a more holistic perspective on alcohol-related health problems: problems related to alcohol are not exclusively associated with any one group in

society, but are considered to have an impact upon all members of society, though not necessarily to the same degree. Studies which have been influenced by the population consumption model are seldom directed towards small or non-random research samples, but typically involve quantitative studies based on large random samples which are designed to explore drinking behaviour in the population as a whole (Addiction Research Foundation, 1989; Health and Welfare Canada 1992, 1993). A common objective of these studies is to determine overall patterns of alcohol use and attitudes towards drinking among different populations and to examine differences in drinking behaviour based on a number of demographic variables such as age and gender (Alexander & Duff, 1988; Dunn, Glascoff & Knight, 1993; Health and Welfare Canada, 1992; Hover & Gaffney, 1991; Isralowitz, Borowski & Hong, 1993; Orford & Keddie, 1985). Although each of the three previous models recognizes that alcohol use is a risk factor in certain illnesses, this model also suggests that: (1) the extent of alcohol-related health problems is directly related to per capita consumption; and (2) policies or strategies designed to reduce alcohol-related health problems should include, as one of their key objectives, a reduction in the per capita consumption of alcohol (Ashley & Rankin, 1988). From this perspective, the overall level of alcohol consumption is directly related to the prevalence of alcohol-related health problems, and these problems are not the exclusive domain of any one segment of the population.

In summary, although a small but growing body of recent research indicates that alcohol consumption at some unspecified low level of moderate consumption may provide certain positive psychological and physiological benefits, the vast majority of the literature suggests that beyond this unspecified low or moderately low level of consumption, alcohol use is associated with a variety of harmful effects (Ames & Janes, 1987; Addiction Research Foundation, 1989; Beke & Kleimand, 1993; Beke & Kromhout, 1993; Health and Welfare Canada 1992, 1993; Orford,

1990; Stimmel, 1991; Strachan, 1990; Williamson & Burton, 1993; Woodside, 1988). The vast majority of studies of general patterns of alcohol use are influenced to a great extent by the perspectives embodied in the four concepts or models of alcohol use and alcohol-related problems identified by Ashley and Rankin (1988). Therefore, this framework provides a means of focusing upon the essential issues addressed in this large body of literature. These four concepts or models have also had a considerable influence on studies which have examined the relationships between alcohol use and leisure behaviour. As a result, this framework also provides a means to examine several important issues bearing upon the relationships between patterns of alcohol use and leisure, and will be utilized to this end in both the review of literature and the analysis of data. In order to adequately address the relationships between alcohol use and leisure, however, it is also necessary to examine the diverse and eclectic literature which has examined the complex and multifaceted phenomenon of leisure.

The Nature of Leisure

The field of leisure studies provides a rich and diverse area for research inquiry - one that addresses a wide range of social issues and expresses a myriad of research interests (Ajzen, 1991; Beard & Ragheb, 1983; Csikszentmihalyi & Kleiber, 1991; Dawson, 1985; Goldman & Wilson, 1977; Kelly, 1987; Neulinger, 1974; Peiper, 1963; Rojek, 1985; Stebbins, 1992). Although some effort has been given recently to synthesizing the diversity of leisure research into one coherent theoretical framework (Kelly, 1987), it remains driven by a variety of often contrary, if not irreconcilable, conceptions regarding the nature of leisure. While a definition of leisure based on a broad consensus among researchers remains an elusive (or, perhaps, an unattainable) goal, any research concerning leisure must nevertheless face the daunting task of defining what is meant by the term "leisure". Although the

meaning of the word is generally taken for granted in common discourse and is treated simply as "free-time", "spare-time" or "time spent away from work" (de Grazia, 1963; Parker, 1981; Zelinski, 1991) , academic research has revealed many of the intricacies and contradictions which are inherent in the phenomenon. Researchers in the field of leisure studies have developed diverse and sometimes contradictory conceptions of leisure based on both quantitative and qualitative studies (Beard & Ragheb 1980, 1983; Cunneen & Lynch, 1988; Csikszentmihalyi & Kleiber, 1991; Driver, Tinsley & Manfredo, 1991; Kelly, 1987; Stebbins, 1992). It has been conceived, for example, in relation to complex social and cultural forces (Dawson, 1985; de Grazia, 1962; Dumazedier, 1974; Goldman & Wilson, 1977; Kelly, 1987; Peiper, 1963 ; Rojek, 1985; Veblen, 1953) and individual perceptions, attitudes and experiences (Beard & Ragheb, 1983; Csikszentmihalyi & Kleiber, 1991; Gunter, 1987; Mannel, 1989; Neulinger, 1974; Shaw, 1984; Stebbins; 1992). Researchers have also defined leisure in relation to specific activities and contexts (Alberta Tourism, Parks and Recreation, 1992; Driver et al., 1991; Ellis & Rademacher, 1987; Haggard & Williams, 1991; Stephens, 1993; Wankel & Berger, 1991) and in relation to particular attitudes and experiences which may be strongly associated with certain activities and contexts, but which are not exclusively dependent upon them (Csikszentmihalyi & Kleiber, 1991; Gunter, 1987; Shaw, 1984; Stebbins, 1992).

Although there is no single theory of leisure which underlies research in the field of leisure studies, there are several key themes that are of primary importance to this body of literature and are essential to the examination of the relationships between alcohol use and leisure. One of these key themes is the notion of freedom:

> . . . some concept of freedom seems universal in defining leisure. Such freedom is not necessarily an unconstrained openness. Rather, the freedom of leisure is a freedom to become, some space within the rigidities of life to make consequential decisions. Leisure is at least enough release from obligation to choose activity that may have its own meaning or purpose (Kelly, 1987: 17).

The freedom attributed to leisure is often associated with a conception of leisure as

purposeful or expressive activity. Leisure activities include those which display an element of expressive play or creative spontaneity, as well as those which are more formal, organized and structured in nature and are, typically, associated with recreation:

> . . . play generally denotes leisure as activity, action that is chosen and has its primary meaning within the event or episode. However, play connotes leisure action highlighting the elements of spontaneity and recognized boundaries that create a non-serious realm of meaning. *Recreation*, on the other hand, refers to leisure activity that is organized for the attainment of personal and social benefits. The self-containment and emergent quality of play may be contrasted with the organized and goal-directed dimensions of recreation (Kelly, 1987: 17).

Essential to the theme of leisure as activity is a temporal dimension. While leisure is often conceived of simply as "free time" or "time away from work", leisure research has demonstrated that conceptions of time associated with leisure activities are far more subtle and complex than this common terminology suggests. Both quantitative and qualitative aspects of time are important to conceptions of leisure and leisure activities: perceptions of specific leisure activities, contexts and processes are equally as important as the amount of time spent involved in these activities compared to other endeavors.

There are two additional interrelated themes which underlie the body of leisure research that are essential to an examination of the relationships between alcohol use and leisure: (1) the experiential or attitudinal aspects of leisure; and (2) notions of well-being or quality of life and leisure. A number of scholars have suggested that an attitudinal or experiential dimension is essential to leisure (Beard & Ragheb, 1980; Csikszentmihalyi & Kleiber, 1991; Gunter, 1987; Neulinger, 1974; Peiper, 1963). This suggests that the experience of leisure not only involves participation in certain activities and contexts which occur during essentially unobligated time, but also involves attitudes about these activities and contexts, as well as the concept of leisure time itself. Closely associated with this attitudinal or

more qualitative dimension of leisure is the conception of leisure in relation to individual or collective well-being. While several researchers have suggested that a particular state of mind or being is essential to the experience of leisure, there is less consensus on what exactly are the essential attitudes or perceptions that constitute this state of mind. Among the many attitudinal or experiential dimensions of leisure which have been identified in the literature are intrinsic motivation, perceived freedom, enjoyment, relaxation, physical fitness or well-being, social relatedness, physical or psychological challenge, and flow or optimal experience (Csikszentmihalyi, 1990; Ellis, 1973; Neulinger, 1974, Kelly, 1987; Stebbins, 1992). However, while there is no clear consensus on the precise nature of the attitudinal dimension of leisure, most researchers have consistently explored the relationships between attitudinal aspects of leisure and individual or social well-being. Thus, the vast majority of leisure research is oriented towards understanding how certain leisure activities or contexts and the attitudes towards these endeavors contribute to the quality of life of both individuals and social groups (Ajzen, 1991; Burch & Hamilton-Smith, 1991; Csikszentmihalyi & Kleiber, 1991; Haggard & Williams, 1991; Iso-Ahola, 1989; Kelly, 1987; Neulinger, 1974; Peiper, 1963; Stebbins, 1992; Stephens, 1993; Wankel & Berger, 1991). In contrast to this general trend, very little research has addressed the harmful or detrimental aspects of leisure activities or contexts and the attitudes associated with these involvements (Beke & Kleimand, 1993; Beke & Kromhout, 1993; Cunneen & Lynch, 1988; Rojek, 1988; Stebbins, 1988; Willis, 1978). In fact, leisure is often so closely associated with conceptions of well-being and quality of life that harmful or negative dimensions of leisure are often only defined in terms of the absence of the overwhelmingly positive attributes associated with leisure (Csikszentmihalyi, 1990; Csikszentmihalyi & Kleiber, 1991; Neulinger, 1974; Stebbins, 1992). The little research that has examined the more negative or potentially harmful aspects of leisure activities and situations has focused upon forms

of deviant leisure activities or behaviour (Beke & Kleimand, 1993; Beke & Kromhout, 1993; Csikszentmihalyi & Larson 1984, 1978; Cunneen & Lynch, 1988; Rojek, 1988; Stebbins, 1988). While this body of literature is small, the abuse of alcohol and other drugs is commonly identified as one of the major aspects of deviant leisure behaviour (Beke & Kleimand, 1993; Beke & Kromhout, 1993; Cunneen & Lynch, 1988; Rojek, 1988; Stebbins, 1988).

Connections and Contrasts between Studies on Alcohol Use and Leisure Research

A review of the literature on general patterns of alcohol use and in the field of leisure studies suggests that the examination of the relationships between alcohol use and leisure behaviour involves the convergence or juxtaposition of very different, though not necessarily always mutually exclusive, research agendas and theoretical frameworks. While there are clearly some important connections and interrelationships between these two bodies of literature, previous research on the use and abuse of alcohol and on the nature of leisure express fundamentally different orientations. The vast majority of previous studies on the use of alcohol are primarily concerned with the negative or harmful aspects of alcohol consumption and the identification, treatment and prevention of alcohol related problems and illnesses (Abel & Sokol, 1987; Adesso et al., 1990; Addiction Research Foundation, 1989; Dunn, Glascoff & Knight, 1993; Health and Welfare Canada, 1992; Hover, & Gaffney, 1991; Institute of Medicine, 1989; Strachan, 1990; Straus, 1988). Very little research has been directed towards identifying, articulating or understanding any positive or beneficial aspects of alcohol consumption (Baum-Baiker, 1985; Hauge & Irgens-Jensen, 1990; Neff, 1985; Neff & Husaini, 1982; Stimmel, 1991; Williamson & Burton, 1993). In contrast, research in the field of leisure studies is overwhelmingly oriented towards the positive or beneficial aspects of leisure

involements and is concerned with articulating how the quality of life may be enhanced through leisure behaviour (Ajzen, 1991; Csikszentmihalyi, 1990; Csikszentmihalyi & Kleiber; Gunter, 1987; Iso-Ahola, 1989; Kelly, 1987; Neulinger, 1974; Stebbins, 1992; Wankel & Berger, 1991). Very little attention has been directed towards the more negative, harmful, antisocial or destructive aspects of leisure behaviour in previous studies (Beke & Kleimand, 1993; Becker, 1963; Beke & Kromhout, 1993; Csikszentmihalyi & Larson 1984, 1978; Cunneen & Lynch, 1988; Glyptis, 1989; Rojek, 1988; Stebbins, 1988).

Research on the relationships between alcohol and leisure has been influenced to a great extent by the different and sometimes contradictory theoretical frameworks which have been used in studies on alcohol use and research in the field of leisure studies. There are also several issues regarding the relationships between alcohol use and leisure that have not been adequately addressed in previous studies because of the differences in the predominant themes which have been of concern to researchers in these two areas of inquiry. Among the issues which have been largely overlooked are the symbolic or cultural significance of alcohol consumption and the values and benefits that alcohol represents to different persons and social groups (Cunneen & Lynch, 1988; Gofton, 1983; Heath, 1981; Smith, 1983, 1985; Willis, 1990). The relatively small body of literature which has addressed the relationships between alcohol use and leisure is influenced to a very large extent by the connections, tensions and contradictions which exist between previous studies of alcohol use and the nature of leisure. In general, previous studies of the use and abuse of alcohol have had a greater influence on the nature of inquiries into the relationships between alcohol use and leisure than has research in the field of leisure studies. In particular, the four views of alcohol use and alcohol-related problems identified by Ashley & Rankin (1988) have had a profound influence on the nature of studies into the relationships between alcohol use and leisure. Most studies of the relationships

between alcohol use and leisure have essentially extended traditional medical or public health research into the realm of leisure. This is indicative of a process that Alexander (1993) has referred to as "medicalisation":

> . . . there is an increasing tendency for medicine to expand its territorial claims. Many areas of life are now being defined in medical terms with medical treatments seen as the most appropriate solution (Alexander, 1993: 622).

However, general leisure research has recently begun to have more influence on studies of the relationships between alcohol use and leisure. The results of recent studies have revealed some important limitations of previous research into both the relationships between alcohol use and leisure, and the use and abuse of alcohol generally (Beke & Kleimand, 1993; Cosper, Okraku & Neumann, 1985; Carruthers, 1993; Carruthers & Deyell Hood, 1992; Husch, 1991; Simpura, 1985). In particular, recent research suggests that the manner by which individual and collective well-being are defined within traditional studies of patterns of alcohol use is rather limited, and does not address a number of dimensions which have been identified within leisure research (Carruthers, 1993; Husch, 1991; Simpura, 1985).

The essential connection between previous studies of patterns of alcohol use and leisure is in relation to conceptions of well-being and the quality of life. Although well-being, or wellness, is by no means defined in similar terms within studies of alcohol use and leisure research, there are some important connections which often occur along similar disciplinary boundaries. For example, there is a clear connection between research that is directed towards education about the use and abuse of alcohol and research which advocates leisure education as a contributing factor to the quality of life and the prevention of individual and social ills (Aguilar & Munson, 1992; Bowen, 1988; Carruthers & Deyell Hood, 1992; Collins, Ottley & Wilson, 1988; Grimes & Swisher, 1989; Hitzhusen, 1973; McCracken, 1991; Rush & Ekdahl, 1990). Studies of the nature and effectiveness of various alcohol treatment programs and research in the field of recreational therapy share a common concern

with developing effective programs to meet the therapeutic needs of persons suffering from substance abuse and other maladies (Fisher & Griffiths, 1990; Gondola, 1989; Hitzhusen, 1973; Hood, 1991; Malla, 1988; Sheridan, 1976; Stoffel et al., 1992). Leisure behaviour is often conceived as a means of improving the quality of life of both individuals and groups by leisure researchers (Ajzen, 1991; Csikszentmihalyi & Kleiber, 1991; Kelly, 1987; Neulinger, 1974). However, leisure is most often completely ignored by researchers on patterns of alcohol use; if leisure is addressed in these studies, it is most commonly associated with contexts and activities which are more likely to involve excessive alcohol use (Ames & Janes, 1987; Ashley & Rankin, 1988; Gondola, 1989; Hayes & Swisher, 1991; Henly & Winters, 1988; Holmila, 1987; Tuchfeld, Lipton & Lile, 1983). While much of the research in both of these bodies of literature demonstrates a common concern with how different forms of behaviour and activities contribute to or reduce the quality of life of individuals and society as a whole, there is considerably less agreement among researchers in these different fields of inquiry on the extent to which different types of activities, contexts and behaviour contribute to or pose a threat to the well-being of particular individuals and society as a whole (Beke & Kleimand, 1993; Cunneen & Lynch, 1988; Gondola, 1989; Heath, 1981; Orcutt & Harvey, 1991; Perdue & Rainwater, 1984; Rojek, 1988; Stebbins, 1988). This lack of consensus on what exactly constitutes quality of life or well-being and the extent to which alcohol consumption within different leisure contexts and activities contributes to or detracts from this quality of life is very evident in the literature on the relationships between alcohol use and leisure behaviour. In essence, the highly complex, controversial and sometimes contradictory social, cultural, methodological and theoretical issues which underlie research on both alcohol use and the nature of leisure are equally evident among studies which have examined the relationships between these two phenomena.

The Relationships between Alcohol Consumption and Leisure

Although previous studies of the relationships between alcohol consumption and leisure have addressed a considerable range of issues, concerns and research interests, there are two main themes which run through this body of literature. These two themes indicate fundamentally different types of relationships between alcohol use and leisure, and also suggest the relative importance and influence of previous studies on patterns of alcohol use and abuse, and those which have explored the nature of leisure. The first theme involves a concern with the more negative or harmful aspects of the relationships between alcohol use and leisure. This research has been primarily concerned with defining, understanding, measuring, and preventing the negative or harmful aspects of the relationships between alcohol consumption and leisure. Most studies of alcohol use and leisure behaviour have focused primarily upon the negative aspects of the relationships between these two variables (Aguilar & Munson, 1992; Alexander & Duff, 1988; Ames & Games, 1987; Berg & Neulinger, 1976; Carruthers & Deyell Hood, 1992; Hitzhusen, 1973; McCormick, 1991; Pendorf, 1992; Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Mann & Tally, 1991; Tuchfeld, Lipton & Lile, 1983). Issues which are commonly explored include excessive drinking in leisure contexts and the identification, analysis, prevention and treatment of alcoholism in leisure situations (Aguilar & Munson, 1992; Berg & Neulinger, 1976; Carruthers & Deyell Hood, 1992; Sessoms & Oakley, 1969; Mann & Tally, 1991). These studies have been influenced to a very great extent by previous research on patterns of alcohol use and abuse (Ashley & Rankin, 1988). In particular, these studies have generally assumed a public health perspective: the four common views of alcohol use and alcohol-related problems which were articulated by Ashley and Rankin (1988) are common among this body of literature, although there is generally less concern with more moderate or responsible drinking behaviour during leisure.

The second, and far less prevalent theme, involves an interest in exploring the non-harmful or even beneficial aspects of the relationships between alcohol use and leisure behaviour (Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Husch, 1991). This smaller body of research is influenced by theoretical frameworks and previous research in the field of leisure studies to a far greater extent than studies which are primarily concerned with the negative aspects of the relationships between alcohol use and leisure (Carruthers, 1993). Several of these studies have been influenced by the concept of moderate or social drinking, as articulated within the integration or responsible drinking model identified by Ashley and Rankin (1988). They have also addressed ethical or moral issues associated with drinking in leisure contexts, in accordance with the spirit of the moralistic and religious concepts model (Gofton, 1983; Husch, 1991; Smith 1983, 1985; Willis, 1990). In addition, the symbolic or social meaning of alcohol consumption has been addressed to a considerable extent in these studies (Cosper, Okraku & Neumann, 1985; Gofton, 1983; Husch, 1991; Smith 1983, 1985; Willis, 1990). Studies which adhere to the more prevalent fist theme will be addressed first.

The Negative or Pathological Aspects of the Relationships between Alcohol Consumption and Leisure

A number of studies of the relationships between alcohol use and leisure have essentially extended public health issues and concerns about alcohol use and abuse into the realm of leisure. The importance of the public health perspective is evidenced by the clear influence of the four views of alcohol use and alcohol-related problems which were identified by Ashley & Rankin (1988). The two most common public health models that have influenced studies of alcohol use and leisure are the disease and the populations consumption models (Ashley & Rankin, 1988). The disease model is particularly evident among studies which have been primarily

concerned with alcoholism and leisure. These studies have tended to focus upon identification of the nature and characteristics of individuals or sub-cultures which indulge in excessive or problem drinking and development of programs, policies for the treatment and/or prevention of this behaviour in leisure contexts. The populations consumption model is evident among those studies which have employed large random survey samples in order to investigate overall patterns of alcohol use in leisure situations. Patterns of alcohol use have also been explored among smaller, non-random samples in order to examine patterns of alcohol use among specific populations during leisure contexts. Somewhat less common are studies which have been influenced by the moralistic and religious model or the integration and responsible drinking model. Ethical issues in accordance with the moralistic or religious concepts, have generally not been addressed in studies of the harmful aspects of alcohol use and leisure. However, these studies typically consider all alcohol consumption to present a potential risk to public health and generally view any reduction in alcohol consumption as highly desirable. They have also tended to be more interested in problematic or excessive drinking behaviour during leisure rather than responsible or social drinking in leisure contexts.

The Abuse of Alcohol and Leisure Behaviour

Several studies of the relationships between alcohol use and leisure have assumed a public health perspective reflecting the disease concept of alcohol use (Ashley & Rankin, 1988; Stebbins, 1988; Trice & Roman, 1978). These studies have generally extended the focus of previous research on alcohol related problems by addressing the relationships between heavy drinking or alcoholism and leisure behaviour. In their pioneering study, Sessoms and Oakley (1969) examined the leisure behaviour of a group of alcoholics in order to determine the relationships between the alcoholic's use of leisure time and his or her drinking problem. They

found a negative relationship between problem or heavy drinking among alcoholics and participation in outdoor recreation activities. They also found that: (1) cultural activities tended to be of less interest to the alcoholic than the general population; (2) alcoholics preferred activities which required a minimum of skill, equipment and commitment; (3) people with drinking problems did not tend to join clubs or other formal organizations, but if they did, they preferred those where alcoholic beverages were readily available; and (4) alcoholics participated in sports and outdoor leisure activities about half as often as the general population (Sessoms & Oakley, 1969). The leisure behaviour of alcoholics was found to be generally quiescent:

> Passivity best describes the alcoholic's approach to recreation and leisure behaviour. Those activities which require a minimum of skill and equipment and which can be entered into and exited from with little commitment to the experience are most favored . . .
>
> The alcoholics' leisure patterns seem to be filled with additional work, spectator activities and drinking. Little attention is given to the self-involved interest (Sessoms & Oakley, 1969: 29).

They also found that "the alcoholic may drink alcoholic beverages as part of the recreation experience when participating in certain recreation activities but abstains from alcohol while engaging in other recreation activities" (Sessoms and Oakley, 1969: 29). This suggests that excessive drinking by alcoholics does not follow a general pattern regardless of leisure involvements, but is context and activity specific. In general, alcoholics were found to be less likely to consume alcohol while involved in such leisure activities as swimming, boating and more vigorous outdoor activities which involved a significant degree of physical risk, but were more likely to drink while engaged in passive indoor activities such as pool and bowling (Sessoms & Oakley, 1969).

The idea that the leisure behaviour of alcoholics is different in many respects from than that of the general population is also supported by a number of other studies (Aguilar & Munson, 1992; Ames & Games, 1987; Berg and Neulinger, 1976; Beke & Kleimand, 1993; Carruthers & Deyell Hood, 1992; Gondola, 1989;

Hitzhusen, 1973; Mann & Talty, 1990; McCormick, 1991; McCracken, 1991; Smolensky, et al., 1980; Stoffel, et al., 1992; Tuchfeld, Lipton & Lile, 1983). Alcoholism has also been associated with deeply rooted feelings of inferiority and separation from members of "normal' society (McCormick, 1991), the inability to use free time constructively (Hitzhusen, 1973) and a passive lifestyle, which often involves an interest in additional work, spectator events and drinking (Ames & Games, 1987; Berg & Neulinger, 1976; Smolensky, et al., 1980; Stoffel et al., 1992).

Berg and Neulinger (1976) compared the perceptions of leisure among two samples of alcoholics and a demographically similar sample of nonalcoholics in order to explore whether alcoholics differed from nonalcoholics in their attitudes towards leisure. They found that alcoholics had a more negative, empty and passive view of leisure than nonalcoholics. Alcoholics expressed a greater affinity towards work than non-alcoholics, preferred more highly structured leisure activities and generally felt that they had more leisure time than they wanted. Smolensky, et al., (1980) conducted a study which found that alcoholics' attitudes towards leisure were positive, although less positive than those of nonalcoholics. Alcoholics were found to participate in fewer leisure activities than nonalcoholics, and were less likely to engage in activities requiring higher levels of commitment, skills, creativity or expressive involvement. Mann & Tally (1991) developed the Leisure Activity Profile (LAP) as a research instrument designed to identify dysfunctional leisure patterns and leisure behaviour associated with excessive alcohol consumption. Preliminary results indicated that certain leisure activities are more strongly associated with alcohol consumption than others and that alcoholics and non-alcoholics differ significantly in their leisure involvements and drinking behaviour during leisure contexts (Mann & Tally, 1991). Results further support the contention that alcoholics tend to avoid leisure activities involving higher levels of skill, challenge or creativity (Mann & Tally, 1991). Tuchfeld, Lipton and Lile (1983) examined the relationships between

involvement in leisure activities and the resolution of alcoholism among 375 patients from a private inpatient alcoholism treatment hospital. They found that those subjects who reported abstinence or low levels of consumption in a follow-up interview six months after discharge were those who spent the least amount of time in leisure activities. They suggested that these results may be indicative of the general association between alcohol consumption and social activities and that participation in socially-oriented leisure activities tends to be strongly associated with drinking behaviour by alcoholics (Tuchfeld, et al., 1983). In a participant observation study of Alcoholics Anonymous members, McCormick (1991) found that alcoholics tended to view themselves as deviant and separate from mainstream or 'normal' society. Results suggest that this negative self-perception and the desire to convince themselves and other of their normality encourages alcoholics to seek leisure activities which "require limited personal investment and are predictable with clear outcomes" (McCormick, 1991: 359). Stoffel et al., (1992) examined the relationships between self-esteem and leisure patterms among 101 participants in a residential chemical dependency program. Although self-esteem was not found to be strongly correlated with the number and variety of leisure involvements for the entire group, severely limited and passive histories of leisure involvements were found to be more prevalent among subjects with low self-esteem (Stoffel et al., 1992).

Leisure Education or Counseling and Alcohol-Related Problems

Other studies have tended to focus upon the relationships between alcohol-related problems and preventative or therapeutic strategies such as leisure counseling and education. These studies have focused upon treatment and preventative measures for alcohol-related problems, such as encouraging healthier lifestyles through information and education, health promotion programming, encouraging less hazardous drinking and the control of negative lifestyles which are prevalent in the

literature on patterns of alcohol use and abuse (Ashley & Rankin, 1988). Some studies have advocated therapeutic recreation as a means of treating alcoholism and other psychological and physiological disorders (Hitzhusen, 1973). Aguilar and Munson (1992) have suggested that substance abuse by adolescents to enhance excitement, pleasure or challenge in leisure situations may be reduced by re-orienting young people towards more positive or beneficial forms of leisure behaviour through leisure counseling and education. Based on a review of research on leisure counseling or education and adolescent substance abuse prevention and treatment programs, they argued that education and counseling programs for teenagers should address the subjects' negative relationship with leisure activities and situations, as well as the substance abuse itself (Aguilar & Munson, 1992). They recommended a number of specific leisure activities which emphasize development and knowledge of leisure resources for the content of leisure counseling and education interventions: noncompetitive, individual physical activities, sports and athletics, nature or outdoor activities, hobbies, table games, creative arts and challenge activities (Aguilar & Munson, 1992). McCracken (1991) has advocated encouraging creativity and developing more meaningful ways to utilize leisure time through leisure counseling as an effective treatment in the recovery from alcoholism. Gondola (1989) suggests that the dysfunctional use of leisure time for excessive drinking by alcoholics may be treated through leisure counseling which reinforces and re-establishes more creative and self-enhancing leisure involvements. She argues that the combination of Alcoholics Anonymous or AA programs and structured or directed leisure activities presents the best opportunity for alcoholics to recover from their affliction and improve the quality of their lives.

Some studies have advocated the development of lifestyle and leisure skills as a means of addressing problems associated with familial alcoholism (Carruthers & Deyell Hood, 1992; Shields, 1989). Shields (1989) suggested that treatment

programs directed at couples recovering from alcoholism should address four key issues: self-concept, the identification and expression of feelings, conflict resolution, and the development of leisure skills. Carruthers and Deyell Hood (1992) have advocated leisure education for alcoholics and the children of alcoholics as an important component in the treatment of and recovery from familial and social problems associated with alcoholism. However, others researchers have suggested that it is the very freedom and separation from the constraints and controls of work which are associated with leisure, that provide the opportunity and context for excessive drinking (Husch, 1991; Perdue & Rainwater, 1984; Smith, 1985). This suggests that how leisure time is used and the nature of particular leisure activities or involvements influences the extent to which leisure behaviour contributes to or alleviates problems associated with excessive drinking or alcoholism. In general, these studies suggest that alcoholics or people otherwise predisposed towards excessive alcohol consumption tend to participate less often in leisure activities, have a more negative attitude towards leisure, and prefer more passive leisure activities or those which involve alcohol use as a major component. However, while there is consensus among researchers that the nature of leisure involvements plays an important role in determining whether alcohol abuse is likely to occur, the majority of these studies have involved small, non-random samples of problem drinkers, and thus the results cannot be generalized to wider populations. Studies have generally not examined patterns of leisure behaviour of alcoholics among large samples, and thus results to date must be interpreted cautiously.

Patterns of Alcohol Use or Abuse and Leisure Behaviour

Some research has been directed towards examining patterns of alcohol use in leisure situations among larger populations. These studies have been strongly influenced by the population consumption model identified by Ashley and Rankin

(1988) and have been primarily concerned with articulating general patterns of alcohol consumption in different leisure activities and contexts. These studies are generally interested in identifying leisure activities or contexts which are associated with high levels of alcohol consumption and identifying the characteristics of the populations that participate in them. Several studies have examined particular leisure activities or contexts, social or cultural groups and sociodemographic characteristics that have been associated with problem or excessive drinking. Studies on patterns of alcohol use have generally found that males are more likely to engage in excessive alcohol consumption than females (Ames & Janes, 1987; Bogg & Ray, 1990; Burton, et al., 1993; Clark, 1985; Health and Welfare Canada, 1992; Holmila, et al., 1990; Isralowitz, Borowski & Hong, 1993; Orford & Keddie, 1985; Shick Tryon, 1992). A number of studies of the relationships between alcohol use and leisure have found that young males are over-represented among heavy or excessive drinkers and that specific activities or settings which are associated with participation by young males often involve high levels of alcohol consumption (Carruthers, 1993; Health and Welfare Canada, 1992; Simpura, 1985; Smith, 1985; Willis, 1990; Young & Kronus, 1977).

Previous research on alcohol use suggests that the very young and the very old are more likely to abuse alcohol (Stebbins, 1988). Several studies have focused upon the attitudinal, demographic and background variables which influence excessive drinking among adolescents (Dull, 1992; Estaugh & Power, 1991; Health and Welfare Canada, 1992; Hover & Gaffney, 1991; Rahkonen & Ahlström, 1989; Shick Tryon, 1992). Other studies have extended this research somewhat by addressing patterns of alcohol use by young people in leisure activities and contexts (Pendorf, 1992; Perdue & Rainwater, 1984; Rahkonen & Ahlström, 1989; Shick Tryon. 1992). Shick Tryon (1992) found an increase in the number of college students who reported abstinence between 1983 and 1988, but found that the proportion of students reporting heavy

drinking remained the same in this time period. She found the reasons for drinking indicated by college students also remained consistent in this time period. The three most commonly stated reasons for alcohol consumption were: (1) sociability; (2) enjoyment of taste; and (3) to get drunk (Shick Tryon, 1992). Drinking to get drunk was found to be positively related to drinking in bars and, also to total levels of consumption (Shick Tryon, 1992). In addition, peer pressure was found to be associated with higher levels of alcohol consumption (Shick Tryon, 1992). Programming to reduce alcohol abuse is most often done on a campus-wide basis. Results indicated that programming which is directed towards specific target groups and specific leisure contexts may provide a more effective means of reducing alcohol-related problems among college students (Shick Tryon, 1992).

Perdue and Rainwater (1984) examined the relationships between alcohol consumption and adolescent recreation behaviour. They found that as the frequency of participation in leisure activities increased, the prevalence of alcohol consumption also increased, regardless of the level of social control over these leisure activities. These results question the extent to which increased recreational opportunities can be indiscriminately advocated as a solution to problems related to alcohol use and abuse. They suggest that a direct relationship may exist between participation in leisure activities and alcohol consumption among adolescents regardless of the level of social control or freedom that particular leisure activities may involve. However, results of this study cannot be generalized, due to the small size of the sample and the limited range of ages which were included in the study. Pendorf (1992) found heavy use of alcohol by high school students was positively correlated with social and vocational involvement, suggesting ". . . heavy users of alcohol are going out, dating, and attending movies and parties more, and are job searching and working part-time more than are light users" (Pendorf, 1992: 107). This suggests that young heavy drinkers may prefer highly socially-oriented leisure activities and be generally more inclined

towards work than leisure involvements. However, he also found that heavy alcohol users had more negative attitudes towards teachers, received lower grades and enjoyed school or school subjects less than other students (Pendorf, 1992). Rahkonen & Ahlström (1989) studied trends in drinking habits among Finnish youth between 1973 and 1987. They found that alcohol consumption among Finnish youth had increased in the mid 1980s after a long period of decline, and that this increase corresponded with improved economic conditions and an increase in the availability of alcohol and spending money available to young people for their leisure time activities. Results indicate that liberalization of access to alcoholic beverages combined with rapid economic growth and increased disposable income for leisure activities seem to have a particular impact upon drinking patterns of young people. However, this study involved data on Finnish youth only and comparative studies of populations in other countries are required to compare these results with trends among other age cohorts and in other countries. Beke and Kromhout (1993) examined the phenomenon of recreational crime in the Netherlands through the analysis of a survey of more than 4000 young people in twenty recreational areas in the Netherlands. Their analysis suggests that different types of recreational areas and activities are associated with differences in participants, recreational crimes and patterns of alcohol and drug use. Excessive alcohol consumption was found to be associated with high levels of recreational crime by young people in Holland.

Other studies have explored the connection between leisure behaviour and alcohol consumption among elderly populations. Alexander and Duff (1988) studied residents of three retirement communities in the United States. Drinking in these communities was found to be substantially more prevalent than among the general elderly population in the United States (Alexander & Duff, 1988). These findings are in direct contrast to the generally accepted negative relationship between alcohol consumption and age (Alexander & Duff, 1988). They state that these results may be

attributed to the emphasis which is placed on social activity and social drinking and the predominance of persons from middle or upper middle class backgrounds in these communities. Results from this study suggest a paradoxical relationship between alcohol consumption and leisure for members of retirement communities: high levels of social activity and interaction have been associated with improved quality of life among seniors, while higher levels of alcohol consumption have been associated with a number of well documented problems for the elderly (Alexander & Duff, 1988). However, the few studies that have been done have typically involved small or non-random samples, and thus results cannot be generalized to a wider population. In general, very little research has addressed the relationships between alcohol use and leisure behaviour among the elderly (Alexander & Duff, 1988).

Some research has been directed towards identifying general patterns of alcohol use in leisure activities or contexts among larger populations. Young and Kronus (1977) examined the relationships between alcohol consumption and participation in seven outdoor leisure activities: fishing; boating; swimming; hunting; camping; picnics; and playing outdoor sports. These leisure activities are very similar to those addressed by Sessoms and Oakley (1969) in their study of the relationships between participation in leisure activities and alcohol consumption among alcoholics. Results suggest that alcohol consumption was compatible with participation in selected outdoor recreation activities and that heavy drinkers were more likely to be among the more frequent participants in these activities (Young & Kronus, 1977). They also found:

> the characteristics that typify some of the highest rates of participation also typify the moderate and heavy drinker: being male, young, and either being a student or having a higher education. Thus, this sample, at least, upholds printed and electronic media images of young active people participating in a multiplicity of activities and consuming alcoholic beverages (Young & Kronus, 1977: 173).

In conjunction with the results of Sessoms and Oakley's (1969) study, these findings suggest that it is only when alcohol consumption reaches levels compatible with

problem drinking or alcoholism that drinking is negatively related to participation in outdoor recreation (Young and Kronus, 1977). Fitzgerald and Mulford (1986) studied frequency of drinking behaviour in a number of leisure contexts, by season, in Iowa. Results suggested that the demographic structure of the population plays a significant role in determining patterns of drinking behaviour, and that these patterns remain relatively stable over time, and within different leisure contexts. However, they found some evidence that drinking contexts changed with age, and that new drinking behaviours were substituted for old among some of the subpopulations they studied. Certain leisure contexts were associated with higher levels of alcohol consumption: frequent drinking most commonly occurred in respondent's own homes, followed by bars or taverns, someone else's home, or a restaurant or club. Although this study was based on a relatively large sample size (n = 685), only the frequency of drinking behaviour was addressed, and seasonal changes in drinking behaviour were examined within a relatively short (one year) period.

Other studies suggest drinking patterns in leisure activities do not follow generalized patterns but vary considerably according to the particular groups which are involved and the nature of the particular leisure activities which are being engaged in (Clark, 1985; Rooney, 1984; Simpura, 1985). Simpura (1985) found that, in Finland, drinking is strongly centered on Saturday evenings, and identified a number of leisure activities and contexts which were associated with this traditional pattern of alcohol consumption (evenings at home, sauna and outdoor activities, family occasions, public holidays and leisure occasions). He also identified a number of work-oriented activities and situations which seemed to involve decreased frequency of drinking towards the end of the week (weekday meals, arrival home, at work), and others which appeared to involve random alcohol use (medical use, parties, undefined everyday life contexts). Simpura (1985: 209) notes that ". . . drinking is often an essential part of many leisure-time occasions, but it often occupies only a secondary

position in the spectrum of activities that is considered when the occasions are labeled". He suggests that this is due to the fact that studies of time use and leisure involvements have tended to focus almost exclusively upon activities which are regarded as necessary or beneficial, and other less desirable forms of leisure involvements are often entirely excluded from the coding in many studies (Simpura, 1985). This suggests that the general tendency of leisure research to focus almost exclusively upon beneficial leisure activities and contexts has resulted in an overly positive conception of leisure involvements and general time-use. Clark (1985) examined patterns of alcohol consumption in a number of leisure activities and contexts. His results suggested that overall amounts of alcohol consumption are strongly related to the number and kind of leisure activities engaged in. Generally, heavier drinking was associated with bars or taverns, and social gatherings such as parties. He also found that " . . . the frequency of going to various social situations also is important, as this interacts with individual propensity to drink and with situational constraints to produce greater or lesser amounts of total alcohol intake" (Clark, 1985: 67). Rooney (1984) utilized a correlational analysis to examine the relationships between participation in sports, the use of drugs and alcohol, concern for physical health and community norms among high school seniors. He found that participation in all types of sports had very little effect on the use of mood altering substances, including alcohol. Other studies of alcohol consumption and leisure behaviour among specific populations suggest that: certain occupational groups which have been commonly associated with heavy drinking, such as military officers, journalists and police officers primarily engage in excessive drinking while involved in leisure (Cosper & Hughes, 1982; Hughes & Cosper, 1979); dissatisfaction with leisure opportunities has been associated with frequent drinking by males in Finland and the former Soviet Union (Holmila, 1987); and alcohol abuse is often an episodic leisure activity among youths and young adults in both Canada and the United States

(Beck & Summons, 1985; Smart & Adlaf, 1987; Health & Welfare Canada, 1990). However, these studies have generally been concerned with specific, limited populations and have typically involved small sample sizes, thus limiting the extent to which results can be generalized to the wider population.

Workplace Influences on the Relationship between Alcohol Use and Leisure

A considerable amount of research has examined the relationships between work and alcohol-related problems (Casswell, & Gordon, 1984; Martin, Blum & Roman, 1992; Lehman & Simpson, 1992; Miletich, 1987; Seeman & Anderson, 1983; Seeman et al., 1988; Sonnestuhl, 1988; Trice & Roman, 1978; Trice & Sonnenstuhl, 1990). While an examination of the relationships between work experiences and alcohol consumption is beyond the parameters of this study, there is a small but growing body of literature which has examined the influence of the workplace upon the relationships between alcohol use and leisure behaviour.

In an ethnographic study of 30 blue collar families, Ames and Games (1987) found that heavy drinking was strongly associated with: (1) a permissive workplace drinking culture where alcohol consumption is considered essential to work-related social contexts; and (2) participation in predominantly work-related leisure activities, involving predominantly male peer groups and friends met through work. Other studies have explored the influence of occupational differences on the use and abuse of alcohol use in leisure contexts. Previous clinical studies, studies of specific occupations, liver cirrhosis mortality data and general population surveys indicate that certain professions are associated with high levels of alcohol consumption (Plant, 1981). Some research has suggested that commonly accepted beliefs and values which are attached to alcohol use by members of certain occupational groups influence the leisure behaviour of members of these occupations to a large extent (Cosper & Hughes, 1982; Hughes & Cosper, 1979). Cosper and Hughes (1982)

studied the drinking habits of military officers, journalists, professors and accountants. Results generally support the contention that heavy, though not necessarily pathological, levels of alcohol consumption are associated with occupation-based leisure subcultures involving social patterns of heavy drinking (Cosper & Hughes, 1982).

Smolensky et al., (1980) examined the number of leisure activities of alcoholics and nonalcoholics according to blue collar or white collar occupational status. While they found that, in general, alcoholics participated in fewer leisure activities than nonalcoholics, white-collar alcoholics were found to have participated in more leisure activities than white-collar nonalcoholics. They state that "differences in the role requirements and social worlds of blue- and white-collar workers may be important moderating variables that need to be included in any model of alcoholics and their leisure" (Smolensky et al., 1980: 298). In a review of literature on the effects of unemployment on drinking behaviour, Winton, Heather and Robertson (1986) found that increased drinking during periods of unemployment has been associated with high levels of stress and an inability to utilize leisure time effectively. They suggest that longitudinal studies which examine various stages of unemployment and a wider variety of leisure behaviour and types of stress are required to test and validate the preliminary results from this small body of literature, which must be interpreted with caution.

Dunn, Glascoff and Knight (1993) explored attitudes towards drinking behaviour among members of five occupational groups: (1) university students; (2) law enforcement officers; (3) bartenders; (4) beer distributor employees; and (5) health educators. There was a general consensus among members of all five groups that drinking behaviour which resulted in problems such as physical injury, failure to meet work or school commitments or problems with the law was irresponsible. However, results indicate that while health educators appear to perceive alcohol

intoxication as irresponsible regardless of the circumstances, a considerable proportion of university students and those from other groups considered getting drunk to be potentially acceptable depending on the circumstances and context in which it occurs (Dunn, Glascoff & Knight, 1993).

It has also been suggested that excessive or problem drinking during leisure are strongly influenced by the nature of the work engaged in by individuals and by work conditions, such as organizational ownership, control and complexity of tasks, bureaucratization, routinization, levels and closeness of supervision, stress and risk of job loss (Hughes & Cosper, 1979; Parker, 1981). The over-emphasis upon the negative, harmful or dangerous aspects of alcohol consumption during leisure occasions has been characterized as symptomatic of the increasing extension of the rational values and beliefs of the workplace into the leisure sphere (Husch, 1991; Morgan, 1981; Smith, 1983). Studies of the relationships between the workplace and alcohol use and abuse are increasingly recognizing that there is a need for studies which address events that occur outside the job, and wider social and cultural forces (Sonnenstuhl, 1988). However, comparatively little empirical research has been directed towards examining the relationships between alcohol use and leisure, or the interrelationships between patterns of alcohol use and abuse, in both the work and leisure spheres. Drinking in leisure activities or contexts is typically ignored, or viewed in terms of its impact upon productivity and efficiency in the workplace (Husch, 1991; Lehman & Simpson, 1992; Martin, Blum & Roman, 1992; Seeman & Anderson, 1983; Stebbins, 1988). This suggests that the higher values which are generally attached to productivity in the workplace in comparison to activities which occur in the leisure sphere is at least in part responsible for the comparatively small amount of attention which has been directed towards the relationships between alcohol use and leisure behaviour.

Public Policy on the Use of Alcohol and Leisure Behaviour

Some research has been directed towards the development and refinement of public policy concerning alcohol consumption in leisure activities and situations. This research is essentially interested in the development and refinement of policies which will prevent or reduce alcohol-related problems in leisure activities and contexts. Beke and Kromhout (1993) have recommended a number of measures to reduce excessive alcohol consumption among young people, as part of programs directed towards preventing criminality in recreational leisure settings in the Netherlands. Among these recommendations are: (1) the limitation of activities within the hotel and catering industry (such as 'happy hour' and selling 'one metre beer'), which encourage alcohol consumption; (2) active traffic supervision around entertainment centres; (3) the provision of a wide range of leisure opportunities that appeal to a wider spectrum of society than just young people; (4) stimulation of public transportation; (5) prohibition of alcohol use during the night on public roads and on beaches; and (6) exclusionary measures, such as barring youths who repeatedly abuse alcohol from certain recreational settings such as campsites or hotels (Beke & Kromhout, 1993).

Beke and Kleimand (1993) make a distinction between intentional and non-intentional forms of recreational crime in the Netherlands. They suggest that these two forms of recreational crime involve different populations and that " a differentiation in measures needs to be introduced in which measures are tuned to the target groups of criminals that are to be distinguished" (Beke & Kleimand, 1993: 17). Differentiation in measures refers to the employment of preventative and repressive measures in the proper proportion. From this perspective, the application of preventative or repressive measures is dictated by the nature of the particular population involved as well as by the nature of the recreational offense itself (Beke & Kleimand, 1993). While general preventative measures may be appropriate for less

serious forms of non-intentional recreational crime, more repressive measures may be appropriate for more serious forms of recreational crime such as alcohol and drug abuse which are associated with more 'hard core' recreational criminals (Beke & Kleimand, 1993). This suggests that effective policies which intend to prevent alcohol-related problems in leisure should address the severity of harm associated with different forms of alcohol use in leisure situations and the nature of the populations who engage in harmful and non-harmful forms of leisure behaviour involving alcohol consumption.

While some studies have suggested that legislation severely restricting or forbidding alcohol use in certain leisure activities or situations may contribute to reducing some forms of criminal, violent or anti-social behaviour (Beke & Kromhout, 1993; Coalter, 1985), others have suggested that a high degree of consensus within particular communities and public involvement in the policy development process are essential components for the development of sustainable and effective policies on the recreational use of alcohol (Murray, Thomson & Douglas, 1984). Based on the analysis of a case study in the city of Thunder Bay, Ontario in the early 1980s, Murray, Thomson and Douglas (1984) have concluded that directly involving the general public in the development of policy concerning the use and misuse of alcohol in leisure situations provides a means of (1) establishing the legitimacy of the policy, and (2) addressing some of the difficult moral and ethical issues associated with alcohol use and leisure behaviour. The development of policies on the recreational use of alcohol must distinguish between acceptable and unacceptable forms of leisure behaviour which must balance personal freedom with the welfare of the community and society as a whole (Murray, Thomson & Douglas, 1984). An inclusive approach to the policy development process which involves members of the general public is suggested as a means of addressing difficult decisions about what forms of leisure behaviour involving alcohol consumption are to be restricted, tolerated or even

encouraged, in accordance with the values and beliefs of the community (Murray, Thomson & Douglas, 1984). However, while there is a general consensus among researchers that policies on alcohol use and leisure should distinguish between harmful and non-harmful forms of behaviour, there is considerably less agreement on exactly how to distinguish between what are harmful and non-harmful forms of alcohol use in leisure activities and contexts. There is a need for the further refinement and testing of theoretical constructs through further empirical research.

The influence of previous studies on alcohol abuse and, in particular, the public health perspective of alcohol consumption have resulted in an overwhelming emphasis on problems associated with alcohol consumption in leisure situations and the reduction of overall levels of alcohol consumption in leisure activities and contexts (Ashley & Rankin, 1988; Rahkonen & Ahlström, 1989). Similarly, research on policies concerning alcohol consumption and leisure have largely ignored the non-harmful or beneficial aspects of the relationships between alcohol use and leisure. While researchers have suggested that policies should distinguish between negative and positive relationships between alcohol use and leisure, studies are overwhelmingly oriented towards the former type of relationship. Few studies have addressed more moderate or social forms of alcohol consumption in leisure.

The Benign or Beneficial Aspects of the Relationship between Alcohol Consumption and Leisure Behaviour

The second and far less prevalent type of studies have concerned themselves with a benign relationship between alcohol use and leisure, in which non-harmful or even beneficial aspects of alcohol use during leisure are examined. In general, these studies have assumed a different perspective on alcohol use than is commonly adopted among studies of the negative aspects of the relationships between alcohol use and leisure. The integration and responsible drinking and moralistic and religious

views of alcohol use and abuse (Ashley and Rankin, 1988) are more prevalent in this body of research than among studies of the negative or pathological aspects of the relationships between alcohol use and leisure. In line with the integration and responsible drinking concept, these studies are generally more likely to recognize some of the benefits of moderate or social drinking, and have directed more attention to the symbolic or cultural meanings of different patterns of alcohol use in leisure. They have also tended to address ethical or moral concerns about alcohol use in leisure activities or situations in accordance with the spirit of the moralistic and religious concepts model. These studies generally question traditional assumptions and views of the morality or immorality of different patterns of alcohol use in leisure situations (Gofton, 1983; Willis, 1990). Consequently, policies, programs and other initiatives directed towards the prevention and treatment of alcohol-related problems based on these same assumptions have also been challenged.

In general, studies which have explored the more positive aspects of the relationships between alcohol consumption and leisure are more likely to be grounded in theory derived from the field of leisure studies. Leisure theory has been utilized as a means of criticizing some of the assumptions in studies on the use and abuse of alcohol. Leisure theory provides a means of addressing the meaning, value and importance of alcohol consumption in leisure contexts which have traditionally been associated with deviant or potentially pathological behaviour. Although this body of literature is very small, some interesting themes have been explored which could benefit from further research.

Moderate or Social Drinking and Leisure Behaviour

Stebbins (1988: 125) states that "heavy drinking and alcoholism are two deviant extensions of the widely accepted practice in Canadian society of social drinking". Alcohol use in leisure activities and contexts clearly involves both positive

and negative consequences for the community:

> The consequences of alcohol use may be favourable or unfavourable for a society, functional or dysfunctional. On the unfavorable side we find the squandering of money on alcohol, the diversion of funds for alcoholic rehabilitation and such problems as absenteeism, crime, low productivity, and traffic accidents. Still, alcohol has also contributed positively to societies, such as by . . . creating a sense of fellowship, strengthening group bonds, and inhibiting certain diseases (Stebbins, 1988: 126).

However, while there is considerable evidence that the majority of individuals in Canada and other countries engage in moderate or social drinking behaviour, considerably less attention has been directed towards this pattern of behaviour by researchers. While many studies have addressed the abuse of alcohol in leisure activities or contexts, comparatively little attention has been given to leisure behaviour involving alcohol use which is less clearly harmful, and may in fact provide a number of benefits to participants.

Some studies have found a strong relationship between attributes which have been associated with positive leisure experiences and certain effects of drinking alcohol (Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Husch, 1991). Researchers have explored the connection between attributes of leisure experiences and the effects of alcohol use in the literature (Husch, 1991) as well as in empirical study (Carruthers, 1993; Cosper, Okraku & Neumann, 1985). Cosper, Okraku & Neumann (1985) examined public drinking in Canada as a leisure activity. The sample for their study was comprised of 1708 Canadians who were aged 18 years or older, excluding institutionalized persons and residents of the two northern territories. They found that different types of drinking places were associated with different functions and clienteles. Taverns and beverage rooms were most often frequented by persons in blue collar manual labor, while patrons of lounges and private clubs were more likely to be in white collar jobs. Visits to taverns and beverage rooms were most likely to involve drinking, smoking, pub-crawling and talking, while dancing and entertainment were more common at other venues. In addition, taverns were

found to appeal to unattached young people and to contribute to the development of social ties. Lounges were associated with established groups of friends, while private clubs catered to "an older, family crowd" (Cosper, Okraku & Neumann, 1985:713). They also found that public drinking establishments helped to meet important social leisure needs of Canadians. In particular, they were found to fulfill the sociability and relaxation functions of leisure. The importance of these two dimensions of leisure experiences has been addressed within leisure research (Beard & Ragheb 1980, 1983; Kelly, 1987). Although they did not appear to contribute to the physical health or self-improvement of patrons, public drinking houses were found to contribute to the social and emotional needs of their clientele.

Other research suggests a connection between the attributes of positive leisure experiences and the effects of alcohol consumption. Based on a review of the literature, Husch (1991) has suggested that, in modern industrial societies, leisure and alcohol consumption are engaged in for similar reasons:

> In psychological terms leisure activities are often defined as evoking the following: a) a sense of separation from the everyday world, b) a feeling of pleasure or pleasurable involvement in the event, c) timelessness, f) creativity, imagination, g) adventure and exploration and h) self-realization (Gunter, 1987). In short, one strives to become engaged in an activity which will provide personal meaning. Importantly, these terms are very similar to what people express as the rationale for the use of alcohol and other drugs: to relax, to forget, to feel free (Husch, 1991: 405).

Carruthers (1993) examined the expected effects of alcohol consumption on leisure experiences among a sub-sample of 144 subjects from a random sample chosen from the telephone directory of a large metropolitan area in the southwest United States. Results of this exploratory study indicate that people expect their leisure experiences will be enhanced by drinking alcohol. She found that people expect alcohol use to influence their leisure in three ways: (1) to help them disengage from responsibilities and tensions; (2) to increase self-assurance and acceptance; and (3) to enhance engagement in the immediate experience. All three of these expectations or attributes

have been associated with positive leisure experiences and expectancies concerning alcohol consumption (Baum-Baiker, 1985; Beard & Ragheb, 1983; Carruthers, 1993; Csikszentmihalyi & Kleiber, 1991; Gunter, 1987; Hauge & Irgens-Jensen, 1990; Kelly, 1987; Neff & Husaini, 1982; Orcutt & Harvey, 1991; Shaw, 1985). More positive leisure-oriented alcohol expectancies were found to be associated with greater alcohol consumption (Carruthers, 1993). However, the strength and nature of this relationship was found to vary according to the measure of alcohol consumption which was being utilized (frequency of drinking or quantity per occasion), and the particular leisure situation in which the drinking occurred (Carruthers, 1993). This suggests that alcohol expectancies are context specific; while individuals appear to generally expect drinking to improve their leisure experiences, this attitude varies according to the nature of the leisure activity or context, and the pattern of drinking behaviour which is engaged in. Although the sample size was relatively small (n=144), this study is unique in that it explored expectations with regard to both leisure and alcohol consumption empirically. Thus, it set a precedent for further research involving larger random samples to test some of these initial findings and provide results which may be more confidently generalized to the wider population.

The Meaning of Alcohol Consumption and Leisure Behaviour

Some attention has been directed towards exploring the cultural dimension of the relationship between alcohol use and leisure behaviour. These studies have explored the values, beliefs and particular meanings which are attached to alcohol consumption in leisure activities and situations by different social and cultural groups. Differences in the meaning of alcohol consumption in leisure contexts have been found to occur between different cultures, as well as among subpopulations within dominant cultural groups (Gofton, 1983; Husch, 1991; Holmila, 1987; Holmila et al., 1990; Willis 1978, 1990). Husch (1991) argues that an understanding of the cultural

meanings that the use of alcohol and other drugs represents in the United States and other industrial countries is essential to the development of effective and enlightened policies on the use and abuse of these substances. Through a historical and contemporary analysis, he demonstrates that the process of policy development and implementation is dynamic in nature, and requires an ongoing process of evolution in synchronization with cultural values and developments. This process is complicated by the complex and contradictory values associated with alcohol and drug use and the complex and ever changing relationship between work and leisure:

> Alcohol and other drug use in the United States, and perhaps other industrial societies, represents a contradictory and conflicting set of meanings. On one hand, recreational use is meaningful as a cue to non-work, release and leisure time. Yet, on the other hand, to use alcohol and other drugs to the limits of freedom is to jeopardize one's health and social bounds. Lacking the traditional constraints of community, religion, production and ritual, the freedom to consume, and to escape the controls of work, may ironically lead to the controls of work entering one's leisure (Husch, 1991: 405).

He also suggests that the very notion of "responsible drinking" is often associated with notions of productivity and personal responsibility, and thus represents an extension of the highly rational values of the workplace into the realm of leisure. This suggests that the meanings which are associated with alcohol use and leisure in modern society may be viewed in terms of a "leisure culture", which is in a state of conflict and tension with the "organizational culture" of the workplace.

Other studies which have examined non-harmful or beneficial aspects of alcohol use include detailed ethnographies of particular drinking settings or activities and associated subcultures (Gofton, 1983; Smith 1983, 1985; Willis, 1990). Several of these studies suggest that the use of alcohol in particular contexts is often very important and meaningful to particular cultural groups (Gofton, 1983; Smith, 1985; Willis 1978, 1990). By recognizing the cultural importance and social meaning of leisure-oriented alcohol consumption, these studies criticize the generally negative assumptions regarding this behaviour which are prevalent in both the literature on the

use and abuse of alcohol and the literature on the relationships between alcohol use and leisure. Alcohol use may be the major focus of cultural or social life among certain groups (Gofton, 1983; Smith, 1985; Willis 1990), or it may be an important component of significant cultural rituals (Kalka, 1991). From this perspective, alcohol use is not exclusively associated with negative outcomes or the potential for harm, but is considered to simultaneously involve both harmful, neutral and beneficial effects (Cunneen & Lynch, 1988; Gofton, 1983; Kalka, 1991; Stebbins, 1988; Willis, 1990).

Some of these studies question the extent to which middle-class values have traditionally been used to understand and assess the meaning of working-class alcohol consumption (Smith, 1983, 1985; Willis, 1978, 1990). Willis (1990) has suggested that pub culture and drinking is an important form of leisure-oriented creative social and cultural expression for young men in England:

> For many young men the entry into the pub, especially on a Saturday night, is also the promise of a kind of adventure, reflected symbolically in some of the more outlandish 'theme styling' and refurbished 'leisure pubs'. This adventure or promise is about the suspension of the given, the mundane and the everyday. It starts in the head and in the immediate social group with the physical effects of alcohol, but it produces changes there whose ripple can and does spread to make waves outside (Willis, 1990: 101).

It has been suggested that the leisure behaviour of young, predominantly working-class men in public drinking houses serves to simultaneously reinforce commonly held cultural beliefs and values on "masculinity" or "maleness", while resisting and challenging work-related patterns of social relations and control (Gofton, 1983; Smith 1983, 1985; Willis, 1990). These studies also suggest that attempts to restrict, prevent or control alcohol-related problems may be considered as a form of cultural domination or control by the dominant classes in society; the control of the drinking cultures of working people is viewed as a form of cultural hegemony aimed at reinforcing the commitment to subservient work-related roles and class relations (Smith 1983, 1985; Willis, 1990). This body of literature questions the extent to

which the findings of research which has focused almost exclusively upon the more harmful aspects of the relationship between alcohol use and leisure among certain populations can be appropriately applied to all activities, contexts, populations and cultural groups or practices. In particular, these studies criticize policies on alcohol consumption in leisure contexts which do not take into consideration these important and meaningful social and cultural differences. It also draws attention to the importance of more thoroughly addressing the cultural or symbolic dimension of alcohol use in leisure situations and suggests that the application of highly rational work-oriented values concerning alcohol use may not be appropriate in all leisure situations. However, these studies have been limited to small non-random samples, have been predominantly qualitative in form, and cannot be generalized to the wider population.

The Form of Studies on Alcohol Use and Leisure Behaviour

To this point, the discussion has focused primarily upon the context of previous literature on the relationships between alcohol use and leisure. The final dimension of the literature which will be addressed is the form of previous studies, which is essential to the issues addressed in the preceding discussion. Prior research on the relationships between alcohol use falls into two distinct formal categories. The first involves exploring the relationships between leisure and alcohol consumption at the broad societal or macro-level of analysis and utilizes almost exclusively quantitative methodology, such as large sample surveys, in order to test or refine theory in relation to broad segments of the entire population (Beke & Kleimand, 1993; Beke & Kromhout, 1993; Cosper, Okraku & Neumann, 1985; Husch, 1991; Rahkonen & Ahlström, 1989; Simpura, 1985; Stebbins, 1988; Young & Kronus, 1977). These studies are primarily concerned with identifying trends or patterns which occur across large segments of the population. While structured surveys

provide a means of examining general patterns of alcohol use in leisure activities and contexts, they are less effective in revealing the richness and idiosyncratic details of this behaviour. The second group of studies has been concerned with the micro-level of analysis. They gather a large amount of detailed information about specific leisure activities or contexts. They most often utilize qualitative methods such as ethnography (Gofton, 1983; McCormick, 1991; Smith 1983, 1985; Willis, 1990), although surveys are sometimes also employed in relation to small, specific and often non-random samples (Perdue & Rainwater, 1984; Sessoms & Oakley, 1969). While these studies provide a level of specificity and detail which is not possible in large surveys, their results cannot be generalized to wider segments of the population. Studies of alcohol use and leisure are limited by the restrictions of these two methodologies and levels of analysis. The review of literature has not uncovered any longitudinal studies of the relationships between alcohol and leisure behaviour, or any research that has employed both qualitative and quantitative methodologies to address both the macro and the micro levels of analysis.

Commentary

Two principal conclusions can be drawn from both the content and form of previous research. Firstly, there is a need to address more completely all aspects of the relationships between alcohol consumption and leisure behaviour - and in particular, the relatively neglected positive aspects (Cosper, Okraku & Neumann, 1985; Dunn, Glascoff & Knight, 1993; Husch, 1991; Pendorf, 1992; Simpura, 1985; Smith, 1985; Stebbins, 1988; Willis, 1990). Traditional research appears to have contributed an overly negative view of all forms of alcohol consumption and an overly positive view of the phenomenon of leisure (Cosper, Okraku & Neumann, 1985; Husch, 1991; Simpura, 1985). This trend reflects the traditional preoccupations of research on patterns of alcohol use and in the field of leisure studies. The domain

of leisure represents a largely uncharted territory in the body of literature on patterns of alcohol use and abuse, while studies of alcohol consumption and forms of deviant leisure activities are underrepresented within leisure research (Cosper, Okraku & Neumann, 1985; Husch, 1991; Simpura, 1985). There is a need for further study which is aware of alternate theoretical frameworks in studies of the use and abuse of alcohol as well as in the field of leisure studies. This will enable research to explore issues that have not been adequately addressed within these two separate bodies of research, and the traditional disciplinary boundaries that they represent. Research to date has been restricted by a lack of interaction and interconnection between traditional studies on the use and abuse of alcohol and leisure research. A number of studies have suggested a direct relationship may exist between leisure behaviour and patterns of alcohol use (Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Simpura, 1985; Young & Kronus, 1977), while others suggest that the relationships between these two variables are highly idiosyncratic and context and activity specific (Carruthers, 1993; Cosper, Okraku & Neumann, 1985). However, previous research has typically involved small, often non-random samples and results that cannot be confidently generalized to wider populations. There is a clear need for further empirical research involving large random samples on all aspects of the relationships between alcohol use and leisure behaviour. Further empirical data will help to refine and test the applicability of the results of previous studies and will assist the critical examination of the many assumptions about the harmful or beneficial nature of different kinds of leisure behaviour involving alcohol consumption.

Secondly, an improved understanding of the relationships between alcohol consumption and leisure requires an examination of patterns of alcohol use and leisure behaviour at both the broad macro-level and the more detailed and specific micro-level of analysis (McCormick, 1991). There is a need for greater consistency and clarity about how alcohol consumption and leisure behaviour are measured and

examined within different studies. The variety of methodologies and manners by which variables are operationalized makes it difficult to compare and contrast the results of different studies and does not permit longitudinal studies to be conducted. In particular, the variety of means by which the frequency of alcohol consumption and the amount of alcohol consumption are operationalized and combined to create estimates of overall alcohol consumption varies to a considerable degree, and often involves questionable transformations. This makes it very difficult, if not impossible, to make meaningful comparisons with other studies and build upon previous empirical research. In addition, there is a need for greater integration and interaction between research and researchers who are conducting studies at both the macro and micro levels of analysis. Large surveys of general patterns of alcohol use in leisure activities contexts may provide valuable information for further studies of these endeavors at a more detailed level of analysis. It is clear that the development of a more complete understanding of the complex relationships between alcohol consumption and leisure will not be achieved through any one methodology or research design, but will be acquired incrementally, through empirical study that builds upon and extends the preliminary inquiries that have occurred to date.

CHAPTER III

METHODS AND PROCEDURES

Design of Study

The study reported here examined the relationships between patterns of alcohol use and leisure behavior in relation to three specific though related issues: (1) sociodemographic characteristics of participants in the eleven specified leisure activities; (2) patterns of alcohol use (frequency of alcohol consumption and amount of alcohol consumed per drinking occasion) and the frequency of participation in eleven specified leisure activities; and (3) attitudes towards alcohol consumption and other alcohol-related issues, and the amount of alcohol consumed per drinking occasion while participating in the eleven specified leisure activities.

Sociodemographic Characteristics

The sociodemographic characteristics of participants in eleven specified leisure activities were examined in order to determine if different populations engaged in these activities and to identify the characteristics of these populations. Participants in the eleven leisure activities were examined for differences according to six different sociodemographic characteristics: gender, age, education, occupation, income and marital status. In addition, differences in these sociodemographic variables were examined according to the level of participation in the eleven specified leisure activities.

Alcohol Consumption and Participation in Eleven Specified Leisure Activities

The study examined the relationships between frequency of participation in the selected leisure activities during the year preceding the survey and two measures of alcohol consumption during that year (frequency of consumption and amount of

alcohol consumed per drinking occasion). The frequency of participation in the eleven specified leisure activities was examined in relation to the frequency of alcohol consumption in the year preceding the survey, as well as by the frequency of alcohol consumption while participating in these leisure activities. In addition, frequency of participation in these eleven leisure activities was examined according to the average amount of alcohol consumed per occasion in the year preceding the survey, as well as by the average amount of alcohol consumed per occasion while participating in the corresponding leisure activities. The eleven leisure activites examined in this study will be discussed in the section of this chapter that addresses leisure behaviour.

Attitudinal Measures and the Amount of Alcohol Consumed during Leisure Activities

The study explored the relationships between the average amount of alcohol consumed per occasion while participating in the eleven specified leisure activities and five attitudinal measures: (1) the amount of alcohol consumption considered to be acceptable in eight leisure-oriented social situations; (2) the perceived harmful effects of alcohol use on personal life; (3) attitudes towards a proposed ban on sponsorship of leisure events by alcohol producers; (4) the perceived effectiveness of specified alcohol treatment programs; and (5) the incidence of alcohol-related community problems.

Subjects and Instruments

The study was conducted using the Alberta sample from the *National Alcohol and Other Drugs Survey* (NADS). The characteristics of the entire NADS will be addressed first, followed by a discussion of strengths and limitations particular to the Alberta sample.

The 1989 National Alcohol and Other Drugs Survey (NADS)

The most important recent study of alcohol and drug use in Canada is the 1989 *National Alcohol and Other Drugs Survey* (NADS). The NADS was conducted by Statistics Canada, on behalf of Health and Welfare Canada, in March, 1989. The importance and uniqueness of NADS results from the fact that it was the first major Canadian study to focus exclusively upon patterns of alcohol and drug use by Canadians and upon related issues (Health and Welfare Canada, 1992). One of the most important aspects of the NADS is the large size of the survey sample. The sample consisted of 11,634 randomly-selected Canadians from all ten provinces who were 15 years of age or older. Excluded were residents of both the Yukon and Northwest Territories and those persons who resided in prisons, hospitals or other institutions. Data were collected from respondents by means of telephone interviews. These interviews resulted from calls to households selected by the random digit-dialing method. The response rate to the NADS was 79 percent. The high level of response is one of the important aspects of the survey, and contributes to the strength of the reported results. Furthermore, the data that were obtained were weighted to account for non-respondents, households without telephones, households with multiple telephones, the number of persons living in the household, the age and sex of the population, and the census projection counts for the provinces.

The NADS represents a major contribution towards a more complete understanding of patterns of alcohol and drug use by Canadians. It is also especially valuable for the present study because it includes information about leisure behaviour and patterns of alcohol use in leisure activities. Nevertheless, it also has important limitations which affect the conclusions which may be drawn from it. The most significant of these are: (1) the survey placed more emphasis on alcohol use than on drug use; (2) only a few of the wide range of psychotropic and other substances which impact upon the well-being of Canadians were covered by the survey; (3) the very

small size of some of the populations, such as heavy drinkers and users of particular drugs, greatly limits the extent to which the characteristics of these populations may be explored; (4) only a small range of leisure behaviours was addressed in the survey and very little detail on the nature of these activities is provided; (5) even taking into account the weighting of the data, certain populations, such as persons who are homeless or do not have access to a phone, are likely entirely excluded or under-represented in the survey sample; and (6) although there is a growing body of literature which supports the validity of self-reports concerning alcohol and drug use, some under-reporting may be expected in relation to the use of particular substances. (Health and Welfare Canada, 1992). The first two limitations are directly related to the examination of patterns of drug use other than alcohol, and thus do not directly impact upon the present study. However, these concerns limit the extent to which meaningful comparisons may be made between data concerning alcohol use and leisure behaviour and data concerning other drug use and leisure behaviour in any subsequent studies. The remaining limitations are directly applicable to the current study of the relationships between alcohol use and leisure.

All of the results from the analysis of the NADS data were tested for statistical significance, although specific results of significance tests were not presented in the technical reports (Health and Welfare Canada, 1990, 1992). Findings which demonstrated high sampling variability based on the coefficient of variation were either omitted entirely (if the coefficient was greater than 33.0%), or marked with an asterisk (if the coefficient was between 16.5% and 33.0%) to indicate specific results which should be interpreted cautiously (Health and Welfare Canada, 1990). The results of the NADS may be compared and contrasted with other recent studies, including Canada's 1990 *Health Promotion Survey*, or HPS (Health and Welfare Canada, 1993), which included a number of the same questions on patterns of alcohol use which were included in the NADS. (Burton et al., 1993). Unfortunately, neither

the 1985 nor the 1990 HPS addressed the relationships between alcohol use and leisure behaviour, although the 1990 HPS did include a chapter on leisure time physical activity (Health and Welfare Canada 1988, 1993; Stephens, 1993).

The Alberta Sample from the NADS

Many of the strengths and limitations of studies based on the Alberta sample of the NADS are identical to those described for the entire study. Others, however, are unique to the Alberta population. Studies based on the Alberta sample benefit from the very large size of the national survey as well as the attention to detail that was given to patterns of alcohol and drug use in the NADS. The Alberta sample consisted of 992 individuals, 821 of whom were defined as current drinkers (i.e. they had consumed an alcoholic beverage at least once in the twelve months preceding the survey). While this sample may be considered large in comparison to the majority of studies on the relationships between alcohol and leisure and other studies of drinking behaviour in Alberta, working with a sub-sample of the NADS poses particular problems to researchers. Firstly, the limitations resulting from high sampling variability mentioned in relation to the entire NADS are more pronounced when working with the Alberta sample. The smaller size of the Alberta sample increases the vulnerability of a number of statistical procedures to high sampling variability. This higher sampling variability results in more findings being excluded or marked with an asterisk to indicate that they should be interpreted cautiously when working with the Alberta sample than with the entire NADS. However, higher sampling variability among the results of statistical analysis based on the Alberta sample of the NADS does not preclude meaningful comparisons from being made with the national data or other studies. It merely constrains this somewhat. Comparisons of the relationships between alcohol use and leisure behaviour among Albertans and all Canadians is further constrained by the fact this the analysis of the national data did

not directly examine the relationship between these two variables (Health and Welfare Canada 1992, 1990). This constrains somewhat the range of meaningful comparisons which may be made with the national survey. However, results from the present study may be compared and contrasted with those from other studies which have also used the Alberta sample of the NADS to explore other problems and issues concerning patterns of alcohol use (Burton et al., 1993; Williamson & Burton, 1993).

Leisure Behaviour

Although there is a growing body of research which is critical of the traditional distinction between work and leisure (Csikszentmihalyi, 1990, 1993; Kelly, 1987; Stebbins, 1992, 1993), for the purposes of this study, leisure is defined in relation to specific activities or contexts which occur outside the realm of work. In fact, leisure behaviour is examined in relation to eleven specified leisure-oriented activities or situations. The eleven leisure activities fell into three groups. Seven were Social Pursuits: (1) spending a quiet evening at home; (2) visiting someone else's home; (3) having friends and relatives visit in one's own home; (4) going out to a restaurant in the evening; (5) going out to a restaurant for lunch: (6) going to a bar or tavern: and (7) going to a club or meeting. Two were Seasonal Activities: (8) doing leisure activities such as being at a cottage, camping, or boating; and (9) doing sports activities such as skiing, softball, and golf. And two were described as Special Leisure Occasions: (10) attending a party, social gathering, or wedding; and (11) going to a concert, sports event, or festival. Respondents were asked three questions about each of these activities: (1) how frequently they participated in the activity; (2) how frequently they consumed alcohol while participating in the activity; and (3) how much alcohol they consumed per drinking occasion while participating in the activity. Respondents were also asked a number of questions about their attitudes towards alcohol consumption which were strongly oriented towards leisure situations and

behaviour. This particular approach to leisure behaviour permits the examination of activity-specific aspects of alcohol use in leisure, as well the exploration of trends in alcohol use which occur across a number of activities or situations. While an attitudinal or experiential definition of leisure is not of primary importance to this particular study, attitudes towards alcohol consumption in particular leisure activities and situations are also explored.

Delimiting the definition of leisure in this manner provides both advantages and disadvantages. The principal advantage of employing a restricted, activity-oriented definition is that it provides a means of making meaningful comparisons between the quantifiable aspects of leisure behaviour and patterns of alcohol use in specific situations or contexts. Several recent studies of the relationships between alcohol use and leisure have focused upon specific leisure activities and contexts (Carruthers, 1993; Clark, 1985; Cosper, Okraku & Neumann, 1985; Perdue & Rainwater, 1984; Simpura, 1985; Young & Kronus, 1977). Thus, employing specific leisure-oriented activities and settings in the present study also permits the results to be compared and contrasted with other studies that have defined leisure in a similar manner. The main disadvantage of using this approach is that a wide range of activities, experiences and attitudes which are associated with leisure, such as subjetive perceptions of the leisure experience, are simply not addressed (Clark, 1985). However, while such activities, experiences and attitudes are undoubtedly important, the complexity and scope of what constitutes leisure cannot be adequately addressed within any one particular study. The very diffuse and diverse nature of leisure research suggests that studies of the relationships between alcohol use and leisure may best be approached incrementally, through the examination of clearly defined leisure activities, situations and contexts. As well, because the present study does address some limited attitudinal and experiential aspects of leisure directly, it provides a foundation for extending the examination of the relationships between

alcohol use and leisure to include this dimension in the future.

Results and Discussion

As indicated earlier, the results of the study will be presented and discussed in relation to three principal areas of inquiry: (1) sociodemographic characteristics and participation in the eleven specified leisure activities; (2) patterns of alcohol use (frequency of alcohol consumption and the amount of alcohol consumed per drinking occasion) and frequency of participation in the eleven activities; and (3) attitudes towards alcohol use and related concerns and alcohol consumption in the eleven activities. These issues will be addressed in the next three chapters: chapter four will address sociodemographic characteristics and participation in leisure, chapter five will examine leisure participation and alcohol consumption, and chapter six will explore alcohol, leisure and public attitudes. Connections, patterns or differences between these issues will be addressed where appropriate in the three following chapters, and also in chapter seven, which presents conclusions and recommendations for future research.

The tables referred to in the three following chapters are gathered together at the end of this thesis before the list of references. This will facilitate their use, as reference is made to each table several times in the text, and tables are not always presented in chronological order. Figures have been included in the text as close as possible to where they are first referred to. It is also worth noting that Health and Welfare Canada (1992, 1990) directed that the coefficient of variation for any estimate obtained from analysis of the NADS data ought to be less than 33%. As a result, estimates with coefficients greater than 33% cannot be released, and have been excluded from the tables, while those with coefficients between 16.6% and 33% have been marked with a number sign (#) to indicate that these results should be interpreted cautiously due to high sampling variability. The tables of crude sampling

variability provided in the NADS were used to identify the estimates with high sampling variability.

All of the analyses were conducted using the population of 821 current drinkers (those who had consumed an alcoholic beverage at least once in the twelve months preceding the survey) from the Alberta sample of the NADS. Statistics Canada also directed that survey weights must be used when performing analyses on the Alberta sample of the NADS in order to account for over-representation and under-representation in the unweighted sample. All of the analyses were conducted on the weighted sample. However, before results were tested for statistical significance, weights on the data were rescaled according to guidelines provided by Statistics Canada to prevent population estimates from inflating the statistical significance of results obtained from the analysis of the weighted data. Rescaling was done by dividing each weight by the overall average weight before the analysis was conducted. This procedure reduces the problem of inflated statistical tests, while maintaining the benefits of working with the weighted survey sample.

CHAPTER IV

SOCIODEMOGRAPHIC CHARACTERISTICS AND PARTICIPATION IN LEISURE

Research on alcohol use indicates that sociodemographic characteristics have an important influence on the drinking behaviour of individuals (Burton et al., 1993; Dull, 1992; Dunn, et al., 1993; Gillet et al., 1991; Grimes & Swisher, 1989; Hayes & Swisher, 1991; Health and Welfare Canada 1992, 1990; Isralowitz, Borowski & Hong, 1993; Orford & Keddie, 1985). In particular, the age and gender of individuals has been associated with significant differences in drinking behaviour among a number of different populations. Similarly, research which has examined the relationships between alcohol use and leisure suggests that the age and gender of participants in different leisure activities are associated with different patterns of leisure-related alcohol consumption (Alexander & Duff, 1988; Ames & Janes, 1987; Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Gofton, 1983; Holmila, 1987; Pendorf, 1992; Perdue & Rainwater, 1984; Smith, 1985; Willis, 1990; Young & Kronus, 1977). While several previous studies of general patterns of alcohol use have examined a number of sociodemographic characteristics in addition to age and gender, very few studies of the relationships between alcohol use and leisure have examined sociodemographic characteristics other than age and gender.

The NADS included questions about several sociodemographic characteristics in addition to age and gender. This permitted an examination of the frequency of participation in the eleven specified leisure activities according to several sociodemographic characteristics, which have rarely been addressed in studies of the relationships between alcohol use and leisure, but which have been more commonly included in studies of the general use of alcohol. Participation in the eleven specified leisure activities had to be recoded, as statistical tests which employed the original

categories used to measure participation in the NADS were severely impacted by high sampling variability. Participation in the eleven leisure activities was measured as follows: (1) never; (2) a few times per year; and (3) frequently. The third category (frequently) combined three categories from the NADS survey: (1) a few times a month (2) once a week; and (3) more than once a week. Participation in the eleven leisure activities was measured using these three categories in all statistical tests conducted on the data which used this variable. Participation in these leisure activities were examined for any differences in level of participation according to six sociodemographic characteristics: (1) gender; (2) age; (3) education; (4) occupation; (5) income; and (6) marital status. Chi square analysis was used to determine if differences in the frequency of participation in the eleven specified leisure activities according to these variables were statistically significant (Bohrnstedt & Knoke, 1988), Results which were statistically significant at the 0.05 and 0.01 levels have been indicated in the tables.

Gender

Statistically significant differences by gender occurred for only four of the eleven specified leisure activities. Male current drinkers were more likely to have participated frequently in: (1) going to a bar or tavern; (2) engaging in leisure activities such as being at a cottage, camping or boating; and (3) doing sports activities such as skiing, softball or golf (Tables 1 and 2). The differences between men and women in the frequency of having visited a bar or tavern, or having engaging in leisure activities such as being at a cottage, camping or boating displayed a U-shaped pattern: significant differences existed between those who never participated or participated frequently, while the differences for those who participated a few times a year were modest in nature (Tables 1 and 2). This U-shaped pattern in relation to differences in participation by gender was most evident

for having visited a bar or tavern in the year preceding the survey, but was also evident to a lesser degree among participants in leisure activities such as being at a cottage (Tables 1 and 2). For example, the responses of both males and females who had gone to a bar or tavern a few times per year were very similar: 24.3% of males and 25.5% of females (Table 1). In contrast, differences between the sexes were far more pronounced among those who had not visited a bar or tavern in the year preceding the survey and those who did so frequently. More than half (53.9%) of women had never gone to a bar or tavern in the year preceding the survey compared to only 38.7% of men (Table 1). Slightly more than one fifth (20.7%) of females had gone to a bar or tavern frequently in the year preceding the survey, compared to 37.7% of males (Table 1). The one exception to this pattern for the four activities occurred in relation to sports activities: women were more likely than men to have indicated moderate levels of participation in these activities. More than half of men (51.6%) participated frequently in sports activities such as skiing, softball or golf in the year preceding the survey, compared to only 34.4% of women (Table 2). However, while a greater proportion of women (37.8%) than men (30.5%) had never participated in sports activities, women were more likely to have participated in these activities a few times per year: 27.8% of women participated in sports activities a few times per year in the year preceding the survey, compared to 17.9% of men (Table 2).

In contrast to the three male-oriented leisure activities just noted, female current drinkers were more likely than males to have gone to a restaurant for lunch in the year preceding the survey: 27.7% of women had never been to a restaurant for lunch in the preceding year, compared to 35.3% of men (Table 1). Women were somewhat more likely than men to have been to a restaurant for lunch a few times in the year preceding the survey: 26.3% of women had been to a restaurant a few times in the preceding year, compared to 20.1% of men (Table 1). However, there was very little difference between males and females among those who had frequently been to

a restaurant for lunch in the previous year: 44.5% of males and 46.0% of females (Table 1). This is in contrast to results for the other three previously mentioned leisure activities, where frequent participation was more likely to involve males than females (Tables 1, 2 and 3).

Age

Statistically significant differences in participation according to age were found to occur for nine of the eleven specified leisure activities: (1) visiting someone else's home; (2) going to a restaurant in the evening; (3) going to a restaurant for lunch; (4) going to a bar or tavern; (5) going to a club or meeting; (6) engaging in leisure activities such as being at a cottage, camping or boating; (7) doing sports activities such as skiing, softball or golf; (8) attending a party, social gathering or wedding; and (9) attending a concert, sports event or festival (Tables 4, 5 and 6). This suggests that differences according to age had more influence on participation in the eleven specified leisure activities than those based upon gender.

In general, young people were more likely than their elders to participate in the following activities: (1) going to a bar or tavern; (2) engaging in leisure activities such as being at a cottage, camping or boating; (3) doing sports activities such as skiing, softball or golf; (4) attending a party, social gathering or wedding; and (5) attending a concert, sports event or festival (Tables 4, 5 and 6). In addition, young current drinkers were more likely than others to have visited someone else's home or been to a restaurant in the evening frequently in the year preceding the survey (Table 4). However, the prevalence of youthful participants varied to some degree according to the level of participation in these activities.

Current drinkers who had visited a bar or tavern in the year preceding the survey were overwhelmingly young people: only 19.1% of those persons between the ages of 15 and 24 had not visited a bar or tavern in the year preceding the survey,

compared to 39.1% of those between the ages of 25 and 39, 56.5% of those between the ages of 40 and 54, and 84.9% of those who were 55 years old or older (Table 4). Frequent patronage of bars and taverns was also found to be strongly oriented towards the young: 60.9% of current drinkers between the ages of 15 and 24 had visited a bar or tavern frequently in the preceding year, in contrast to 29.9% of those between the ages of 25 and 39 and 15.8% of those between the ages of 40 and 54 (Table 4). The youngest drinkers were less likely to be among those persons who patronized bars or taverns at a more moderate level: 20.0% of current drinkers between the ages of 15 and 24 had visited a bar or tavern a few times in the preceding year, compared to 31.1% of those between the ages of 25 and 39 and 27.7% of those between the ages of 40 and 54 (Table 4).

Although having engaged in leisure activities such as being at a cottage, camping or boating in the year preceding the survey was found to be associated with younger participants, very little difference by age was found among those who participated in these activities frequently (Table 5). Participation in sports activities such as skiing, softball or golf demonstrated a U-shaped relationship with age: notable differences according to age occurred among those who never participated in sports and those who frequently participated in sports, while very little difference existed between those who participated a few times per year (Table 5). This suggests that current drinkers who participated in sports activities at a more moderate level in the year preceding the survey were more similar in age, while frequent participation was strongly oriented towards youth, and avoiding sports activities altogether was associated with more elderly individuals.

Those current drinkers who had attended a party or social gathering frequently in the year preceding the survey were more likely to be younger in age, while younger persons were less likely to participants in these activities at a moderate level: 38.3% of current drinkers between the ages of 15 and 24 attended a party or social gathering

frequently in the year preceding the survey, compared to 18.5% of those between 25 and 39, and 15.5% of those between the ages of 40 and 54 (Table 6). In contrast, 59.0% of current drinkers between the ages of 15 and 24 had attended a party or social gathering a few times in the preceding year, compared to 77.7% of those between the ages of 25 and 39, 76.7% of those between the ages of 40 and 54, and 79.4% of those who were 55 years old or older (Table 6).

Young current drinkers were more likely to have gone to a concert, sports event or festival frequently in the previous year, but were somewhat less likely to have participated in these activities at a more moderate level (Table 6). Slightly more than one fifth of (21.7%) of respondents between the ages of 15 and 24 had frequently gone to a concert, sports event or festival last year, compared to 16.7% of those between the ages of 25 and 39, while results for the remaining age categories must be interpreted cautiously due to high sampling variability (Table 6). However, middle aged current drinkers were more likely to have participated in these activities at a moderate level in the year preceding the survey: 66.7% of respondents between the ages of 40 and 54 attended a concert, sports event or festival a few times in the previous year, compared to 56.4% of those between the ages of 15 and 24, 59.6% of those between the ages of 25 and 39, and 48.5% of those who were 55 years old or older (Table 6). Those who were 55 years old or older were more likely than younger current drinkers to have never attended a concert, sports event or festival in the previous year (Table 6).

Young current drinkers were more likely to have visited someone else's home frequently in the year preceding the survey, but were somewhat less likely to have participated in this activity at a more moderate level (Table 4). Current drinkers who were between the ages of 40 and 54 were more likely than other age groups to have participated in this activity a few times in the year preceding the survey (Table 4). Similarly, while current drinkers between the ages of 15 and 24 were more likely to

have gone to a restaurant frequently in the evening last year, they were less likely than other age groups to have participated in this activity at a more moderate level (Table 4).

There were few leisure activities which were unequivocally oriented towards participation by older individuals. However, it is worth noting that, in general, differences according to age at moderate levels of participation in leisure activities tended to be very modest in nature, or in fact, were more likely to have been engaged in by older individuals (Tables 4, 5 and 6). The exceptions to this general trend occurred in relation to having participated in leisure activities such as being at a cottage, camping or boating, and to a lesser extent, for having gone to a concert, sports event or festival (Tables 4 and 6). In the latter case, it is only respondents in the oldest age category (55 years of age or older) who were an exception to this general trend (Table 6).

Older current drinkers were more likely to have gone to a club or meeting in the year preceding the survey: 60.0% of respondents between the ages of 15 and 24 had not been to a club or meeting in the previous year, compared to 49.0% of those between the ages of 25 and 39, 42.1% of those between the ages of 40 and 54, and 48.3% of those who were 55 years old or older (Table 4). Middle aged current drinkers were more likely to have been to a club or meeting frequently in the year preceding the survey: 37.8% of respondents between the ages of 40 and 54 had attended a club or meeting frequently in the year preceding the survey, as compared to 27.0% of those between 15 and 24, 28.1% of those between 25 and 39, and 33.8% of those who were 55 or older (Table 4).

Older current drinkers were also somewhat more likely to have been to a restaurant for lunch a few times in the year preceding the survey (Table 4). Middle aged current drinkers were more likely to have been to a restaurant for lunch in the year preceding the survey: only 22.6% of respondents between the ages of 40 and 54

had not been to a restaurant for lunch in the previous year, compared to 36.0% of those between the ages of 15 and 24, 33.2% of those between the ages of 25 and 39, and 34.8% of people who were 55 years old or older (Table 4). They were also somewhat more likely to have been to a restaurant for lunch frequently in the year preceding the survey: 50.1% of respondents between the ages of 40 and 54 had been to a restaurant for lunch frequently, in comparison to 44.6% of those between the ages of 15 and 24, 45.7% of those between the ages of 25 and 39, and 38.3% of individuals who were 55 years old or older (Table 4). Current drinkers who were 55 years old or older were more likely than younger respondents to have been to a restaurant in the evening a few times in the year preceding the survey, but were much less likely to have done so frequently (Table 4).

Education

As a result of high sampling variability, some of the categories used to measure level of education in the analysis of the NADS had to be combined (Health and Welfare Canada, 1992). Level of education was measured in two categories: (1) secondary or less education; and (2) some post secondary or more education. The first category (secondary or less) combined two categories used in the analysis of the NADS: (1) 'ess than secondary; and (2) Secondary completed. The second category (some post secondary or more education) also combined two categories from the analysis of the NADS: (1) some post-secondary non-university degree; and (2) university degree.

Six of the eleven leisure activities demonstrated statistically significant differences in participation according to the level of education attained by respondents: (1) visiting someone else's home; (2) going to a restaurant in the evening; (3) going to a club or meeting; (4) doing sports activities such as skiing, softball or golf; (5) attending a party, social gathering or wedding; and (6) attending a

concert, sports event or festival (Tables 7, 8 and 9). Participation in all six of these leisure activities was found to be associated with higher levels of education: current drinkers who participated frequently in these leisure activities were more likely to have completed some postsecondary or more education (Tables 7, 8 and 9).

Although the analysis was constrained somewhat by limitations resulting from high sampling variability, differences in the level of participation in these six leisure activities generally demonstrated a U-shaped pattern: differences in level of education attained between those individuals who participated in these activities at a more moderate level were very modest in nature, while those persons who abstained from them or participated frequently in them demonstrated more substantial differences in education (Tables 7, 8 and 9). For example, 42.8% of current drinkers with up to a high school education had not participated in sports activities such as skiing, softball or golf, in the year preceding the survey, compared to 23.0% of those who had at least completed some postsecondary education (Table 8). Similarly, 52.6% of respondents with some postsecondary or more education had frequently participated in sports activities such as skiing, softball or golf, compared to 36.1% of those who had not completed more than a secondary education (Table 8). However, there is very little difference by education at a moderate level of participation: 21.1% of respondents who had not completed more than a secondary education had participated in sports activities such as skiing, softball or golf a few times in the previous year, compared to 24.4% of those who had completed at least some postsecondary education (Table 8). The two exceptions to this general trend are for participation in special leisure occasions such as concerts, sports events or festivals, and, to a lesser extent, for having been to a club or meeting. Persons who participated in these more culturally-oriented leisure activities were more likely to have attained a higher level of education at all levels of involvement (Table 7 and 9).

Occupation

Participation in the eleven specified leisure activities were examined according to four occupational groups: (1) managerial or professional; (2) other white collar; (3) blue collar; and (4) not in the labour fource. The fourth category (not in the labour fource) combined five categories from the NADS which could not be explored individually due to high sampling variability: (1) looking for work; (2) student; (3) keeping house; (4) retired; and (5) other.

Participation in seven of the eleven specified leisure activities demonstrated statistically significant differences according to differences in occupation: (1) having friends and relatives visit one's own home; (2) going out to a restaurant in the evening; (3) going out to a restaurant for lunch; (4) going to a bar or tavern; (5) going to a club or meeting; (6) doing sports activities such as skiing, softball or golf; and (7) going to a concert, sports event or festival. Participation in these activities according to occupational differences generally demonstrated very idiosyncratic relationships. In addition, differences by occupation at the more moderate level of participation (a few times per year) were generally more pronounced than has been the case in relation to the previously addressed demographic variables. Some leisure activities, such as having been to a bar or tavern, did not appear to be exclusively oriented towards any one occupational group regardless of the levels of involvement (Table 10). Nevertheless, some of these leisure involvements were more likely to include certain occupational groups.

Three of the more culturally-oriented leisure activities were more likely to involve individuals in professional or managerial occupations: (1) attending a club or meeting; (2) doing sports activities such as skiing, softball or golf; and (3) going to a concert, sports event or festival (Tables 10, 11 and 12). For example, 38.4% of respondents in professional or managerial occupations had not been to a club or meeting in the year preceding the survey, compared to 54.7% of those in other white

collar occupations, 55.5% of those in blue collar occupations, and 51.5% of those who were not in the labour fource (Table 10). Persons in professional or managerial jobs were also most likely to have participated in sports activities such as skiing, softball or golf frequently (54.1%), followed by blue collar workers (47.3%), those who were not in the labour fource (38.9%), and other white collar workers (35.0%) (Table 11). Less than one fifth (15.7%) of current drinkers in professional or managerial occupations had not attended a concert, sports event or festival in the year preceding the survey, compared to 25.1% of those in other white collar occupations, 31.4% of those in blue collar jobs, and 30.7% of those who were not in the labour fource (Table 12). In addition, current drinkers who had frequently been to a restaurant for lunch in the previous year were more likely to be in either professional or managerial occupations or other white collar jobs: 54.9% of respondents in professional or managerial occupations and 58.1% of those in other white collar jobs had frequently gone to a restaurant for lunch in the preceding year, compared to 39.9% of those in blue collar occupations, and 33.1% of those who were not in the labour fource (Table 10). Respondents who were not in the labour fource were less likely to have visited a bar or tavern or to have participated in sports activities such as skiing, softball or golf (Tables 10 and 12).

Participation in some leisure activities was less exclusively oriented towards any one occupational group at all levels of participation. Current drinkers in blue collar jobs were most likely to have been to a bar or tavern in the year preceding the survey, but only slightly more than those in other white collar jobs (Table 10). Having been to a bar or tavern a few times in the previous year was not strongly associated with any one occupational group, but was more likely to involve employed current drinkers than those who were not in the labour fource: 19.1% of respondents who were not in the labour fource went to a bar or tavern a few times per year, as compared with 29.8% of those in professional or managerial jobs, 28.1% of those in

blue collar jobs, and 24.4% of those in other white collar jobs (Table 10). Current drinkers who were in either blue collar or other white collar jobs were more likely than other occupational groups to have frequently visited a bar or tavern (Table 10). Respondents who were not in the labour fource are the least prevalent occupational group at all levels of participation in this leisure activity (Table 10).

Persons who were in professional and managerial or other white collar jobs were more likely than other occupational groups to have been to a restaurant for lunch in the year preceding the survey and also more likely to have done so frequently (Table 10). However, individuals who were not in the labour fource were more likely than other occupational groups to have participated in this activity at a more moderate level (a few times per year) (Table 10). Current drinkers who were not in the labour fource were most likely to have been to a restaurant in the evening a few times in the preceding year, but were least likely to have done so frequently (Table 10). While persons in other white collar jobs were more likely to have had visitors to their home a few times in the year preceding the survey, those who were not in the labour fource were more likely to have done so frequently (Table 10).

Income

Participation in seven of eleven specified leisure activities demonstrated statistically significant differences according to income: (1) going out to a restaurant in the evening; (2) going out to a restaurant for lunch; (3) going to a club or meeting; (4) doing leisure activities such as being at a cottage, camping, or boating; (5) doing sports activities such as skiing, softball, or golf; (6) attending a party, social gathering or wedding; and (7) going to a concert, sports event or festival.

Generally, participants in all of these seven leisure activities were more likely to have higher levels of income (Tables 13, 14 and 15). For example, 40.7% of current drinkers who earned less than $20,000 had never gone to a concert, sports

event or festival in the year preceding the survey, compared to 29.0% of those who earned between $20,000 and $39,999, and only 17.8 % of those who earned $40,000 or more (Table 15). However, there were very few differences in the annual incomes of current drinkers who (1) went to a restaurant in the evening, (2) went to a restaurant for lunch, (3) attended a club or meeting, and (4) attended a party, social gathering or wedding at a moderate (few times per year) level of participation (Tables 13, 14 and 15). Current drinkers who earned $40,000 or more in the year preceding the survey were more likely to have frequently participated in the following leisure activities: (1) going out to a restaurant in the evening; (2) going out to a restaurant for lunch; (3) going to a club or meeting; (4) doing sports activities such as skiing, softball, or golf; and (5) attending a party, social gathering or wedding (Tables 13, 14 and 15). For example, 36.0% of respondents who frequently attended a club or meeting in the year preceding the survey earned $40,000 or more, compared to 26.5% of those who earned between $20,000 and $39,999, and 27.8% of those who had earned less than $20,000 (Table 13). Current drinkers who had frequently attended a concert, sports event, or festival in the year preceding the survey were also more likely to have earned $40,000 or more, although the data must be interpreted cautiously due to high sampling variability (Table 15). In addition, current drinkers who had earned $20,000 or more in the year preceding the survey were more likely to have participated at a moderate level (a few times per year) in leisure activities such as being at a cottage, camping or boating or going to a concert, sports event, or festival (Tables 14 and 15).

Marital Status

Marital status was measured in three categories: (1) married; (2) previously married; and (3) single. The second category (previously married) combined three categories from the NADS which could not be explored separately due to high

sampling variability: (1) separated; (2) divorced; and (2) widowed.

Statistically significant differences according to marital status were found to occur in relation to participation in nine leisure activities: (1) visiting someone else's home; (2) having friends and relatives visit one's home; (3) going out to a restaurant in the evening; (4) going to a bar or tavern; (5) going to a club or meeting; (6) doing leisure activities such as being at a cottage, camping, or boating; (7) doing sports activities such as skiing, softball or golf; (8) attending a party, social gathering or wedding; and (9) going to a concert, sports event or festival. Although some of the data must be interpreted cautiously due to high sampling variability, results suggest that participation in certain leisure activities is more likely to be associated with particular marital status groups.

Single current drinkers were more likely to have gone to a bar or tavern or to have participated in sports activities such as skiing, softball or golf in the year preceding the survey (Tables 16 and 17). In addition, frequent participation in a number of leisure activities was more likely to involve single persons: (1) visiting someone else's home; (2) going to a restaurant in the evening; (3) going to a bar or tavern; (4) doing sports activities such as skiing, softball or golf; (5) attending a party, social gathering or wedding; and (6) going to a concert, sports event or festival (Tables 16, 17 and 18).

Certain leisure activities were more likely to involve participants of particular marital status groups at different levels of involvement. It is important to recognize, however, that these differences were likely influenced to some extent by the ages of the respondents, as similar results were obtained when examining differences in participation by age. Participation in three leisure activities was found to be linked to married individuals at a moderate level of participation, while frequent involvement was associated with singles: (1) visiting someone else's home; (2) going to a restaurant in the evening; and (3) having attended a party, social gathering or wedding

(Tables 16 and 18). In addition, married or previously married current drinkers were more likely to have been to a bar or tavern a few times in the year preceding the survey, while those who were single are more likely to have done so frequently (Table 16). While current drinkers who had attended a concert, sports event or festival frequently in the preceding year were more likely to be single, those who participated in these activities at a moderate level (few times per year) were more likely to have been previously married (Table 18). It must be reiterated, however, that these results likely reflect the influence of the age of respondents, and the fact that married or previously married individuals tend to be older (Burton et al., 1993; Health and Welfare Canada, 1992).

Current drinkers who had gone to a club or meeting in the year preceding the survey were less likely to be single: 59.6% of single respondents had not been to a club or meeting, compared to 45.8% of those who were married, and 44.8% of those who had previously been married (Table 16). Married respondents were more likely to have participated in this activity at a moderate level (a few times per year), while those who were previously married were more likely to have done so frequently (Table 16). Again, these differences are likely influenced by the age of respondents, as this leisure activity has been found to be associated with older current drinkers (Table 4). Unlike results for other leisure activities, very little difference was found to occur between single and married persons at all levels of involvement in leisure activities such as being at a cottage, camping or boating (Tables 17). Previously married current drinkers were less likely to have participated in such leisure activities in the year preceding the survey than those who were either married or single (Table 17). They were also more likely to have participated in these activities at a moderate level, although very little difference by marital status is evident among persons who participated in these activities frequently (Table 17).

Summary

Statistically significant results for participation in the eleven leisure activities by sociodemographic characteristics discussed in this chapter are summarized in figures 1 and 2. While several previous studies of the relationships between alcohol consumption and leisure behaviour have addressed sociodemographic characteristics to some extent, the present study is unique, in that it examined differences in sociodemographic characteristics based on the level of participation in leisure activities, and the analysis was conducted upon a large random sample. Results generally suggest that the relationships between sociodemographic characteristics and leisure behaviour is more complex and less consistent that has generally been suggested in previous studies: not only was there considerable variation in the sociodemographic characteristics of populations who engage in different leisure activities, but there were significant differences based upon the level of involvement in these activities. This questions the extent to which consistent and direct relationships exist between particular sociodemographic characteristics and participation in certain leisure activities and contexts. A case in point is having visited a bar or tavern, or having attended parties or social gatherings, which have been strongly associated with single young male participants in several previous studies (Ames & Janes, 1987; Clark, 1985; Cosper, Okraku & Neumann, 1985; Health and Welfare Canada, 1992; Husch, 1991; Orford & Keddie, 1985; Pendorf, 1992; Shick Tryon, 1992; Smith, 1985; Stebbins, 1988; Willis, 1990). While having visited a bar or tavern, or having attended parties, social gatherings or weddings were found to be more oriented towards single young male participants, this relationship did not consistently occur at all levels of participation (Figures 1 and 2). This suggests that the connection between sociodemographic characteristics and leisure behaviour is more heterogeneous, complex, and less consistent or deterministic than has generally been indicated in previous research.

Figure 1: Summary of Statistically Significant Results for Participation in Leisure Activities by Gender, Age and Level of Education, 1989 NADS, Alberta

Gender	Age	Education
1. Restaurant for Lunch -associated with females -moderate participation associated with females -little difference between frequent participants 2. Bar or Tavern -associated with males (U-shaped) 3. Outdoor Leisure -frequent participation associated with males 4. Sports Activities -males associated with frequent participation -females more likely to have never participated, or participated moderately	1. Visiting Others -moderate participation associated with middle age -frequent participation associated with youth 2. Restaurant for Evening -moderate participation associated with older persons -frequent participation associated with youth 3. Restaurant for Lunch -associated with middle age -moderate participation associated with older persons -frequent participation associated with middle age 4. Bar or Tavern -associated with youth, except at a moderate level of participation 5. Club or Meeting -associated with older persons -young current drinkers least likely to participate moderately -frequent participation associated with middle age 6. Outdoor Leisure -associated with youth -little difference among frequent participants 7. Sports Activities -associated with youth (U-shaped) 8. Social Gatherings -young persons most likely to have participated frequently, but least likely to have participated moderately 9. Concert, Sports Event or Festival -moderate participation associated with middle age -frequent participation associated with youth	1. Visiting Others -associated with higher education (U-shaped) 2. Restaurant for Evening -associated with higher education (U-shaped) 3. Club or Meeting -associated with higher education (U-shaped) 4. Sports Activities -associated with higher education (U-shaped) 5. Social Gatherings -associated with higher education (U-shaped) 6. Concert, Sports Event or Festival -associated with higher education (U-shaped)

Figure 2: Summary of Statistically Significant Results for Participation in Leisure Activities by Occupation, Level of Income and Marital Status, 1989 NADS, Alberta

Occupation	Income	Marital Status
1. Having Visitors -moderate participation associated with respondents in other white collar jobs 2. Restaurant in Evening -persons who were not in the labour fource were most likely to have participated moderately, and least likely to have participated frequently 3. Restaurant for Lunch -associated with persons in professional or managerial jobs -moderate participation associated with persons not in the labour fource -frequent participation associated with persons in professional or managerial jobs, or other white collar occupations 4. Bar or Tavern -respondents who were not in the labour fource were most likely to have never participated, and were least likely to have participated moderately -frequent participation associated with persons in blue collar jobs, or other white collar occupations 5. Club or Meeting -associated persons in professional or managerial jobs 6. Sports Activities -associated with persons in professional or managerial jobs -moderate participation associated with other white collar workers -frequent participation associated with persons in professional or managerial jobs 7. Concert, Sports Event or Festival -associated with persons in professional or managerial jobs	1. Restaurant in Evening -associated with higher income (U-shaped) 2. Restaurant for Lunch -associated with higher income (U-shaped) 3. Club or Meeting -associated with higher income (U-shaped) 4. Outdoor Leisure Activities -associated with higher income 5. Sports Activities -associated with higher income 6. Social Gatherings -associated with higher income (U-shaped) 7. Concerts, Sports Event or Festival -associated with higher income	1. Visiting Others -moderate participation associated with married persons -frequent participation associated with single persons 2. Having Visitors no notable differences 3. Restaurant in Evening -moderate participation associated with married persons -frequent participation associated with single persons 4. Bar or Tavern -associated with single persons -moderate participation associated with married persons -frequent participation associated with single persons 5. Club or Meeting -single persons most likely to have never participated -moderate participation associated with married persons -frequent participation associated with previously married persons 6. Outdoor Leisure Activities -associated with married and previously married persons -not much difference among frequent participants 7. Sports Activities -associated with single persons (U-shaped) 8. Social Gatherings -frequent participation associated with single persons 9. Concert, Sports Event or Festival -frequent participation associated with single persons -moderate participation associated with previously married persons

CHAPTER V

LEISURE PARTICIPATION AND ALCOHOL CONSUMPTION

The present study examined patterns of alcohol use according to the level of participation in the eleven specified leisure activities. Frequency of participation in the eleven specified leisure activities was examined according to two measures of alcohol consumption: (1) frequency of alcohol consumption; (2) the amount of alcohol consumed per drinking occasion. The NADS included questions about the general frequency and amount of alcohol consumed per occasion in the year preceding the survey, as well as the frequency and amount of alcohol consumed per occasion while participating in the eleven leisure activities. This permitted the examination of the relationships between frequency of participation in the eleven leisure activities and both general patterns of alcohol use, and those that were specific to certain leisure activities or contexts. While several previous studies have examined the relationships between patterns of alcohol consumption and leisure behaviour, the review of literature has not uncovered any previous study which has explored the relationships between leisure behaviour and both general patterns of alcohol use, and those which are specific to leisure activities or contexts. In addition, multiple regression analysis was employed to examine the relative influence of sociodemographic characteristics and frequent participation in the eleven leisure activities upon the amount of alcohol consumed per occasion in the previous year. Chi square analysis and the one-way analysis of variance (ANOVA) were employed to determine if differences in patterns of alcohol consumption according to the frequency of participation in the eleven specified leisure activities were statistically significant (Bohrnstedt & Knoke, 1988). Results which were statistically significant at the 0.05 and 0.01 levels have been indicated in the tables.

Participation in Leisure Activities and Frequency of Alcohol Consumption

Frequency of alcohol consumption in the year preceding the survey was examined by frequency of participation in the eleven specified leisure activities. In order to reduce limitations associated with high sampling variability, the categories used in the NADS to measure the frequency of alcohol consumption last year in the NADS were recoded into three categories: (1) infrequently; (2) once per week; and (3) two or more times per week. The first category (infrequently) combined two categories from the NADS: (1) less than once per month; and (2) one to three times per month. The third category (two or more times per week) combined three categories from the NADS: (1) two to three times per week; (2) four to six times per week; and (3) everyday. Chi square analysis was employed to determine the existence of a relationship between participation in the eleven leisure activities and frequency of drinking in the previous year. Only three of the eleven leisure activities showed statistically significant differences in the frequency of participation in these pursuits according to the frequency of alcohol consumption in the year preceding the survey.

Positive relationships between frequency of participation and the frequency of alcohol consumption were found for: (1) going to a bar or tavern; (2) doing sports activities such as skiing, softball or golf; and (3) attending a party, social gathering or wedding (Figures 3, 4 and 5, and Tables 19, 20 and 21). The relationships generally demonstrated a U-shaped pattern: the proportion of individuals who drank once per week was very similar regardless of the frequency of participation in these four leisure activities, while the proportions of those who drank infrequently and those who drank two or more times per week changed significantly according to the frequency of participation in these leisure activities. Current drinkers who had participated in these activities at a moderate level (few times per year) were more likely to have consumed alcohol infrequently in the previous year, while those who

had frequently engaged in these endeavors were generally more likely to have consumed alcohol two or more times per week (Figures 3, 4 and 5, and Tables 19, 20 and 21). The one exception to this trend is in relation to doing sports activities such as skiing, softball or golf (Table 4). Frequent participants in sports activities were slightly more likely to have consumed alcohol infrequently in the previous year, than to have done so two or more times per week: 41.3% of current drinkers who frequently participated in sports activities consumed alcohol infrequently in the year preceding the survey, while 36.6% did so two or more times per week, and 22.1% drank once per week (Figure 4 and Table 20).

These results suggest, first, that a positive relationship between frequency of participation in leisure activities and frequency of alcohol consumption does not occur for all leisure activities or contexts, but does occur for specific pursuits and situations. Secondly, it appears that the relationship between frequency of participation in selected leisure activities and frequency of alcohol consumption is not linear: a strong positive relationship was evident among those drinkers at the extremes (very low or rather high frequency of consumption), while the proportion of respondents that reported more moderate frequency of consumption (once per week) was remarkably consistent regardless of the frequency of participation in the activities.

There is also some evidence that the sociodemographic characteristics of participants may influence drinking behaviour during leisure to some extent. In general, the leisure activities which demonstrated a statistically significant positive relationship between levels of participation and frequency of alcohol consumption were more likely to involve young male participants than other leisure activities (Figures 3, 4 and 5, and Tables 19, 20 and 21). However, the populations who engaged in these three activities varied to some extent by sociodemographic characteristics between these activities, as well as at different levels of involvement.

Although young people were more likely to have been to parties, social gatherings or weddings, or have visited a bar or tavern in the previous year, they were less likely to have done so at a moderate level (Tables 4 and 6). For example, having frequently visited a bar or tavern was strongly and positively related to frequency of drinking last year. This leisure activity was also strongly associated with young single males (Tables 1, 4 and 16), whom previous studies have shown are associated with high levels of alcohol consumption generally (Burton et al., 1993; Clark, 1985; Health and Welfare Canada, 1992). In contrast, moderate participation in this activity was associated with infrequent alcohol consumption, and was found to be far less likely to involve young males (Tables 1 and 4). In addition, while males were more likely to have been to a bar or tavern or participated in sports activities such as skiing, softball or golf in the year preceding the survey, they were not more prevalent among those who participated in these activities at a moderate level (Tables 1 and 2). This suggests that the U-shaped results in relation to participation in leisure activities according to frequency of drinking are influenced by the nature of the populations who engage in these activities at different levels of participation.

While some previous research has suggested that a direct relationship may exist between alcohol consumption and participation in leisure activities for large segments of the population (Fitzgerald & Mulford, 1986; Husch, 1991; Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Young & Kronus, 1977), these results support the premise that patterns of alcohol use during leisure are specific to certain populations and certain leisure activities or contexts, which has been proposed in several previous studies based on smaller or non-random samples (Beck & Summons, 1985; Carruthers, 1993; Clark, 1985; Cosper, Okraku & Neumann, 1985; Dull, 1992; Hughes & Cosper, 1979; Simpura, 1985). These results are generally consistent with those of previous studies which have suggested that a direct relationship between alcohol use and leisure behaviour is more likely to occur in relation to leisure

activities or contexts which involve a high proportion of young and male participants (Ames & Janes, 1987; Bogg & Ray, 1990; Burton, et al., 1993; Carruthers, 1993; Clark, 1985; Cosper, Okraku & Neumann, 1985; Health and Welfare Canada, 1992; Isralowitz, Borowski & Hong, 1993; Orford & Keddie, 1985; Pendorf, 1992; Perdue & Rainwater, 1984; Rahkonen & Ahlström, 1989; Shick Tryon, 1992; Smith, 1985; Stebbins, 1988; Willis, 1990; Young & Kronus, 1977). However, the findings of the present study extend and criticize the results of these previous studies. Unlike other previous research, the present study examined sociodemographic characteristics based on the level of participation in specified leisure activities. Results indicate that the nature of the populations who engage in these activities at different levels of participation may also influence drinking behaviour to some extent. In addition, the sociodemographic profiles of the three statistically significant leisure activities were similar, but not identical. For example, having visited someone else's home or participated in seasonal outdoor leisure activities such as being at a cottage, camping or boating in the previous year were also more likely to involve young or male participants at certain levels of involvement, yet these activities did not demonstrate statistically significant differences in drinking behaviour according to frequency of participation (Tables 1, 2, 4 and 5). This suggests that populations associated with certain patterns of drinking behaviour and drinking behaviour during leisure contexts do not behave in as consistent a manner as has been suggested in previous studies. Both the drinking and leisure behaviour of these populations appears to be more complex and less consistent that has generally been indicated in previous research. This suggests that the nature of the leisure activity itself influences the frequency of drinking behaviour in combination with the influence of the sociodemographic characteristics of participants.

Figure 3: Frequency of Alcohol Consumption in the Year Preceding the Survey by Frequency of Having Been to a Bar or Tavern, 1989 NADS, Alberta

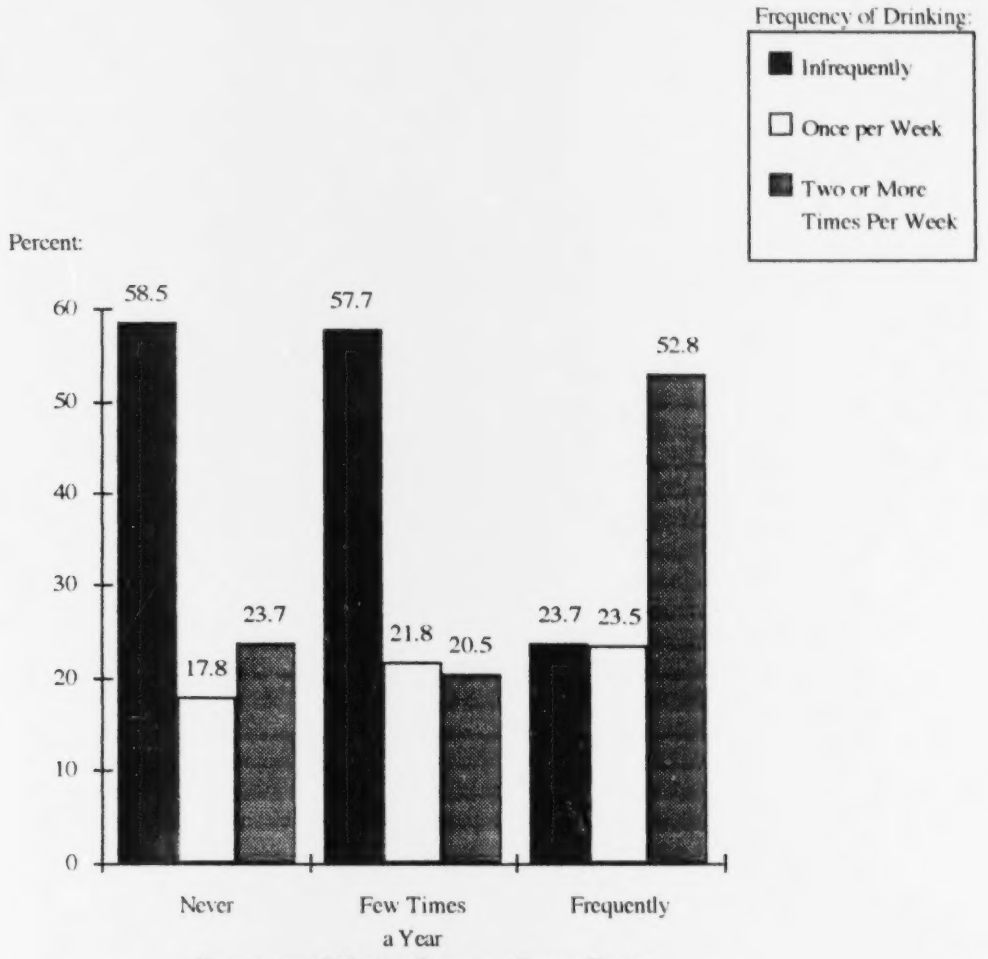


Figure 4: Frequency of Alcohol Consumption in the Year Preceding the Survey by Frequency of Participation in Sports Activities, 1989 NADS, Alberta

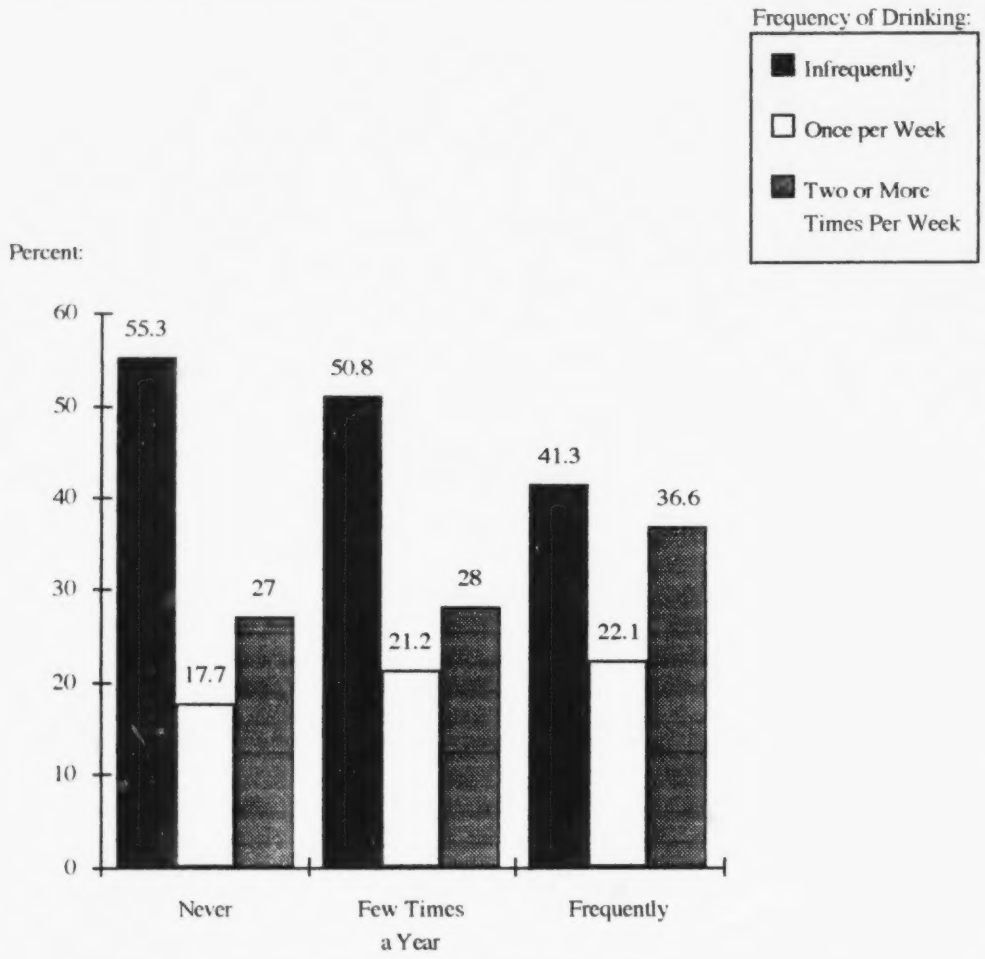
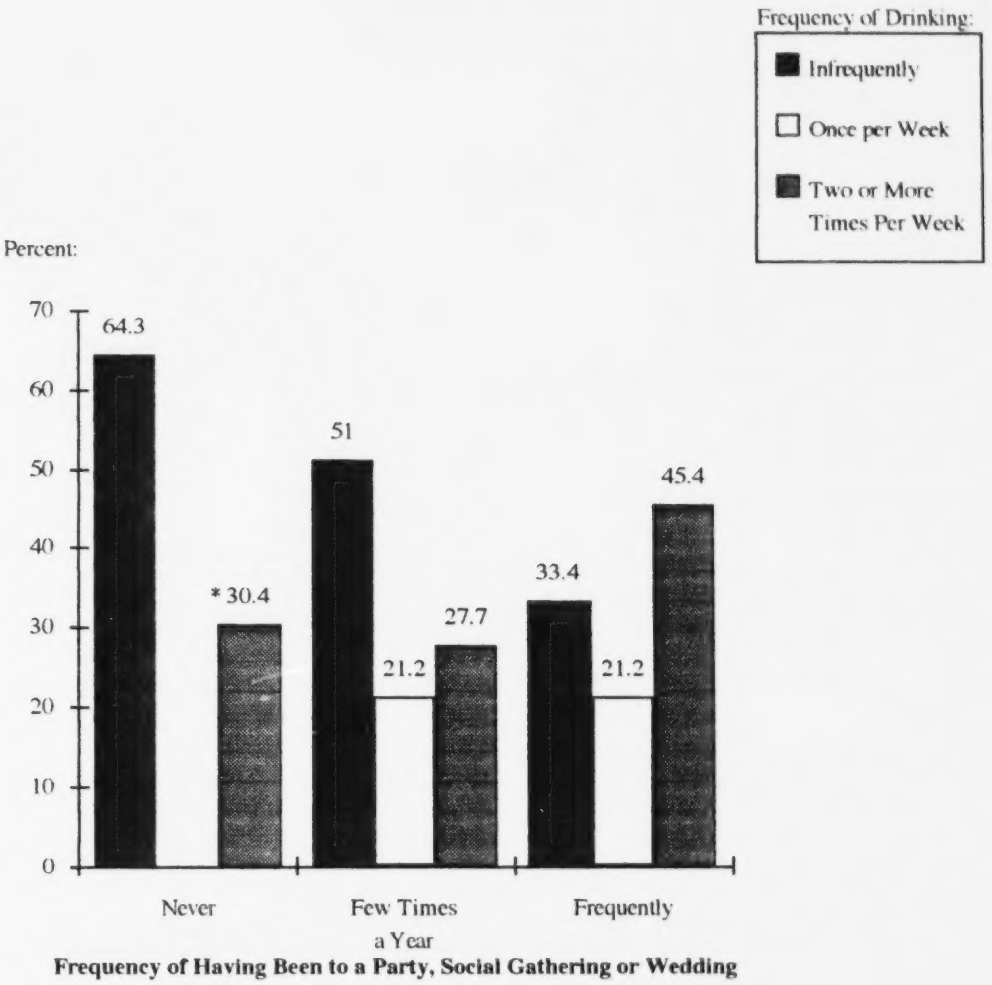


Figure 5: Frequency of Drinking in the Year Preceding the Survey by the Frequency of Having Attended a Party, Social Gathering or Wedding, 1989 NADS, Alberta



NOTES:
Some coefficients are suppressed due to high sampling variability
*results should be interpreted cautiously due to high sampling variability

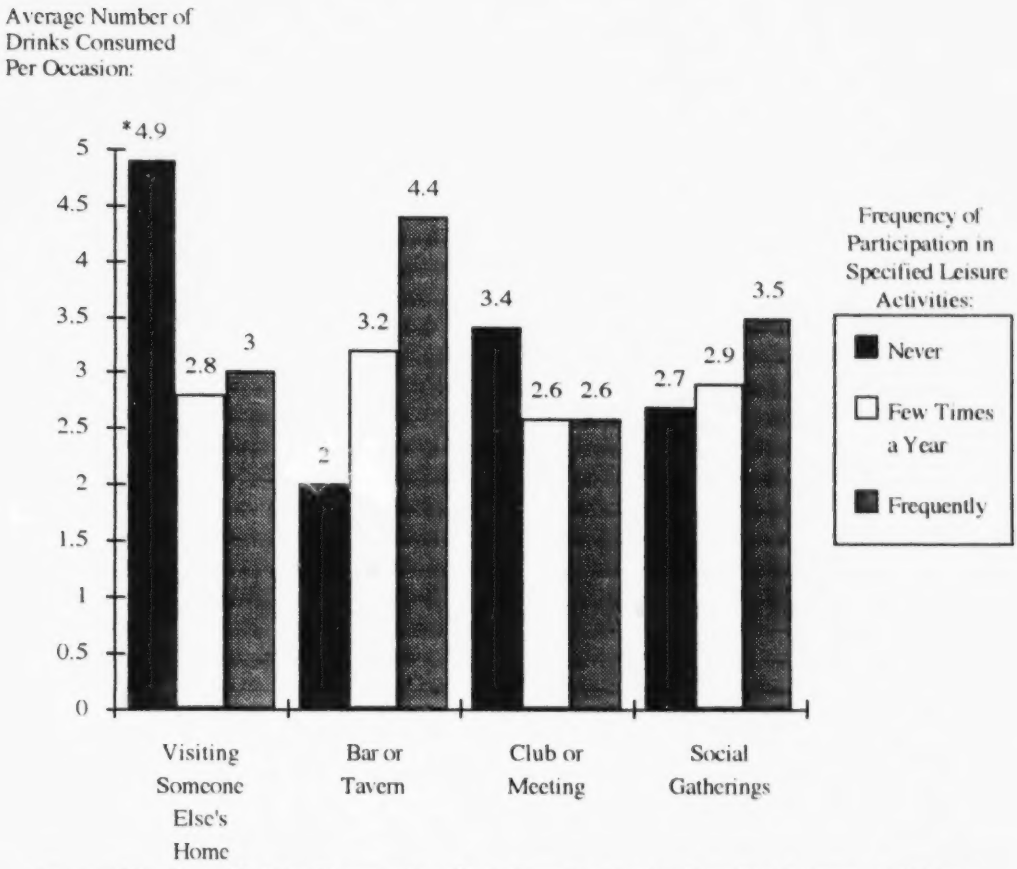
Participation in Leisure Activities and Amount of Alcohol Consumed

The stated usual quantity of alcohol consumed per drinking occasion in the year preceding the survey was examined by participation in the eleven specified leisure activities. A one-way analysis of variance (ANOVA) was employed to determine if differences in the mean number of drinks consumed per occasion in the previous year according to level of participation in these activities were statistically significant. Four of the eleven activities demonstrated statistically significant differences in the average number of drinks per drinking occasion based on the frequency of participation in the activities: (1) going to a bar or tavern; (2) visiting someone else's home; (3) going to a club or meeting; and (4) attending a party, social gathering or wedding (Figure 6 and Tables 22, 23 and 24).

In general, there was very little difference in the average number of drinks consumed per drinking occasion in the previous year by participation in leisure activities: in most cases, these differences amounted to less than one drink consumed per occasion. Going to a bar or tavern was the only leisure activity which demonstrated a strong positive relationship between level of participation and the average amount of alcohol consumed per drinking occasion: those who went to a bar or tavern frequently consumed an average of 4.4 drinks per drinking occasion, compared to an average of 3.2 drinks for those who went to a bar or tavern a few times a year, and an average of 2.0 drinks for those who never went to a bar or tavern in the year preceding the survey (Figure 6 and Table 22).

Having attended a party or social gathering was also positively related to the amount of alcohol consumed per occasion: current drinkers who attended a party or social gathering frequently in the year preceding the survey consumed an average of 3.5 drinks, while those who did so a few times per year consumed an average of 2.9 drinks, and those who never attended a party or social gathering consumed an average of 2.7 drinks (Figure 6 and Table 24). These results generally support the contention

Figure 6: Average Number of Drinks Consumed at Each Drinking Occasion by Frequency of Participation in Specified Leisure Activities, 1989 NADS, Alberta



Average Number of Drinks Consumed at Each Occasion During Specified Leisure Activities

NOTES:
*results should be interpreted cautiously due to high sampling variability

that higher levels of alcohol consumption are associated with having visited bars or taverns and having attended social gatherings or parties, which has been proposed in several previous studies (Clark, 1985; Cosper, Okraku & Neumann, 1985; Health and Welfare Canada, 1992; Husch, 1991).

The two remaining leisure activities were more likely to involve lower amounts of alcohol consumption per occasion than other leisure activities. Those current drinkers who had never visited someone else's home or gone to a club or meeting in the year preceding the survey consumed more alcohol per drinking occasion than did those who had participated in these two leisure activities (Figure 6 and Table 22). Current drinkers who had never been to a club or meeting in the year preceding the survey consumed an average of 3.4 drinks per drinking occasion, compared to an average of 2.6 drinks for those who had been to a club or meeting a few times per year, and an average of 2.6 drinks for those who had done so frequently (Figure 6 and Table 22). Similarly, current drinkers who had never visited someone else's home in the previous year consumed an average of 4.9 drinks per drinking occasion, compared to an average of 2.8 drinks for those who had visited someone else's home a few times per year, and an average of 3.0 for those who had done so frequently (Figure 6 and Table 22).

These results suggest, then, that there is no direct correlation between participation in most leisure activities and the average amount of alcohol consumed per drinking occasion. Having visited a bar or tavern and having attended a party or social gathering were found to be directly related to the amount of alcohol consumed per drinking occasion; but no other activities demonstrated such a significant direct relationship. The two other activities which showed statistically significant relationships were inverse in character: respondents who had visited someone else's home or had gone to a club or meeting tended to consume an average of fewer drinks per drinking occasion than those who had not done these things (Figure 6 and Tables

22).

There is some evidence to suggest that the age and gender of participants may influence the relationship between participation in particular activities and the amount of alcohol consumed per occasion. Young males or younger current drinkers were more likely to have participated in the two activities which were positively related to the amount of alcohol consumption per occasion. Single young males were more likely to have visited a bar or tavern in the year preceding the survey, while single younger people were more likely to have attended parties or social gatherings (Tables 4 and 6). These results are generally consistent with those which were found to occur in relation to participation in leisure activities and the frequency of alcohol consumption in the year preceding the survey. Having visited a bar or tavern and having attended parties or social gatherings were positively related to both the frequency of alcohol consumption and the amount of alcohol consumed per drinking occasion. However, while having engaged in sports activities was positively related to the frequency of drinking in the year preceding the survey, it was not positively related to the amount of alcohol consumed per occasion. This suggests that although certain leisure activities associated with single young males appear to be more likely to involve higher levels of alcohol consumption, this relationship varies to some extent according the nature of the particular leisure activities engaged in, and also in relation to the frequency or amount of alcohol which is being consumed per occasion.

The two leisure activities which were inversely related to the amount of alcohol consumed per occasion were less oriented towards single young male participants. Having visited a club or meeting was associated with older, highly educated individuals who were more likely to have been in high paying professional or managerial jobs and to have been married or previously married (Tables 1, 4, 7, 10, 13 and 16). Men and women were equally likely to have visited someone else's home in the year preceding the survey (Table 1). While younger current drinkers were

more likely to have frequently visited someone else's home in the previous year, those who were middle aged were more likely to have done so a few times per year (Table 4). These results generally support the contention that the prevalence of single young males is associated with higher levels of alcohol consumption. However, although participation in sports activities was associated with young single male participants and having visited someone else's home frequently in the year preceding the year was associated with younger people, neither of these leisure activities were positively associated with the amount of alcohol consumed per occasion in the year preceding the survey (Tables 4, 5, 22 and 23). This suggests that the mere presence of these sociodemographic characteristics is not always associated with similar drinking patterns in all leisure activities or contexts. Therefore, these findings question the extent to which drinking behaviour associted with particular populations in different leisure activities and contexts is as consistent as has been proposed in previous studies (Fitzgerald & Mulford, 1986).

In general, these results confirm the tentative findings of previous studies based on small or non-random samples, which have suggested the relationships between alcohol consumption and leisure behaviour are context and activity specific (Carruthers, 1993; Clark, 1985). As well, they suggest that leisure activities or contexts which include a high proportion of young male participants are more likely to demonstrate a positive relationship between alcohol comsumption and frequency of participation. This is generally consistent with previous sudies that have associated single young males with heavy drinking, and in some instances, particular leisure activities and contexts (Ames & Janes, 1987; Bogg & Ray, 1990; Burton, et al., 1993; Carruthers, 1993; Clark, 1985; Cosper, Okraku & Neumann, 1985; Health and Welfare Canada, 1992; Isralowitz, Borowski & Hong, 1993; Orford & Keddie, 1985; Pendorf, 1992; Perdue & Rainwater, 1984; Rahkonen & Ahlström, 1989; Shick Tryon, 1992; Smith, 1985; Stebbins, 1988; Willis, 1990; Young & Kronus, 1977).

However, these findings also suggest that the relationships between sociodemographic characteristics, alcohol comsumption, and leisure behaviour are more complex and less consistent than has been indicated in previous studies.

Participation in Leisure Activities and Frequency of Alcohol Consumption During Leisure

Participation in the eleven specified leisure activities was also examined according to the frequency of drinking while participating in each of these leisure activities. The frequency of alcohol consumption during the eleven leisure activities had to be recoded, as crosstabulations using the original categories from the NADS were severely limited by high sampling variability. The frequency of alcohol consumption during leisure was measured in three categories: (1) never; (2) up to half the time; and (3) more than half the time. the second category (up to half the time) combined two categories from the NADS: (1) less than half the time; and (2) half the time. The third category (more than half the time) also combined two categories from the NADS: (1) more than half the time; and (2) always. Although frequency of drinking during leisure was not measured in precisely the same manner as the overall frequency of drinking, meaningful comparisons may be made between these results and those which occurred in relation to overall frequency of drinking in the year preceding the survey. Chi square analysis was employed to determine if there was a relationship between participation in the eleven leisure activities and the frequency of drinking while engaged in these pursuits. Statistically significant relationships between the frequency of participation and the frequency of alcohol consumption during the leisure activities were found for: (1) visiting someone else's home; (2) attending a party, social gathering or wedding; and (3) going to a concert, sports event or festival (Figures 7 to 9, and Tables 25 and 27).

Figure 7: Frequency of Drinking While Visiting Someone Else's Home by Frequency of Having Visited Someone Else's Home, 1989 NADS, Alberta

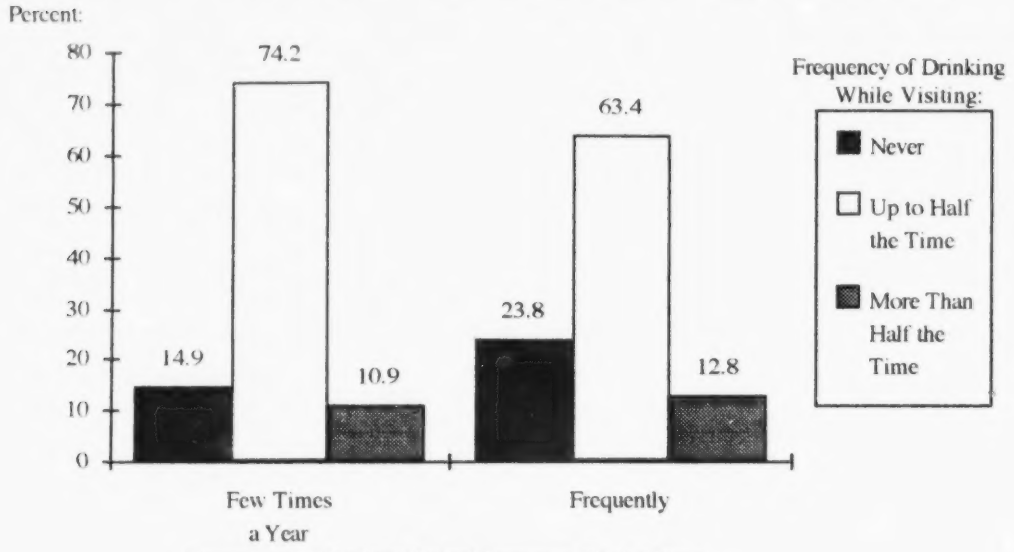
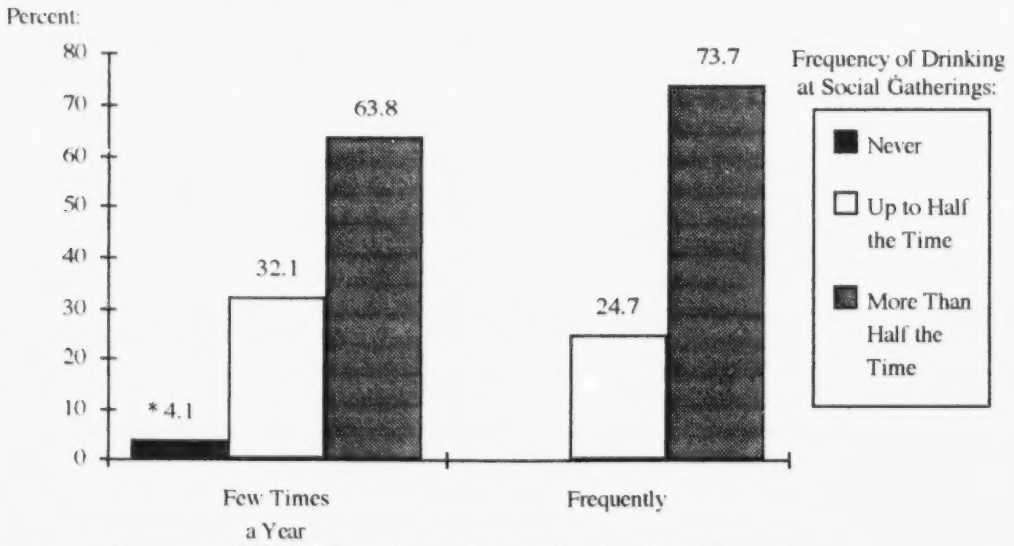
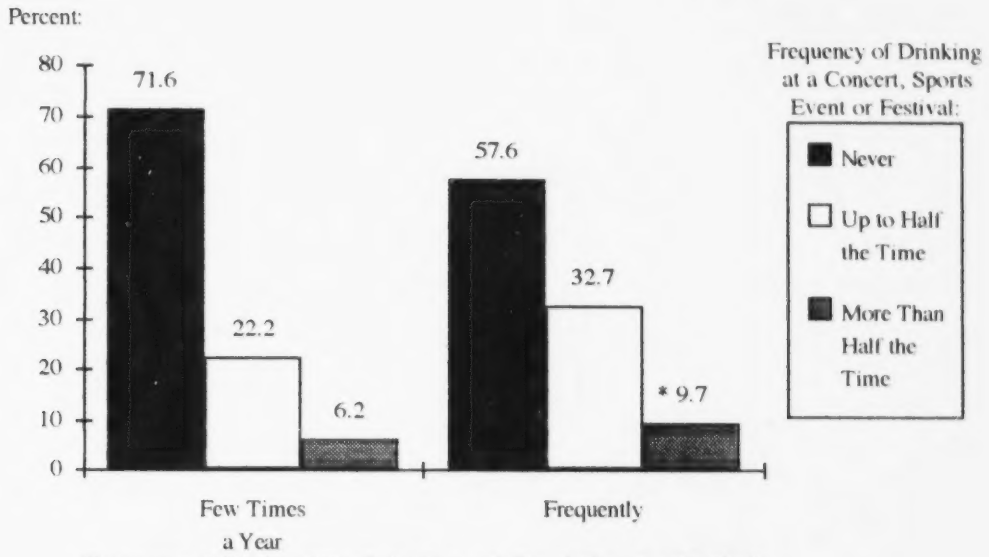


Figure 8: Frequency of Drinking at a Party, Social Gathering or Wedding by Frequency of Having Been to a Party, Social Gathering or Wedding, 1989 NADS, Alberta



NOTES:
Excludes current drinkers who never participated in the activity
Some coefficients are suppressed due to high sampling variability
*results should be interpreted cautiously due to high sampling variability

Figure 9: Frequency of Drinking at a Concert, Sports Event or Festival by Frequency of Having Attended a Concert, Sports Event or Festival, 1989 NADS, Alberta



NOTES:
Excludes current drinkers who never participated in the activity
*results should be interpreted cautiously due to high sampling variability

Frequency of participation in special leisure occasions such as attending parties or social gathering and having been to a concert, sports event or festival were positively related to the frequency of alcohol consumption while engaged in these activities (Figures 8 and 9, and Table 27). However, different levels of participation in these activities were associated with different patterns of alcohol use for these two leisure activities. Current drinkers who had frequently attended parties or social gatherings were more likely to have consumed alcohol frequently while participating in these activities than those who participated in these activities a few times per year: 73.7% of respondents who frequently attended parties or social gatherings consumed alcohol more than half the time while engaged in these activities, compared to 63.8% of those who attended parties or social gathering a few times in the year preceding the survey (Figure 8 and Table 27). However, current drinkers who attended parties or social gatherings a few times in the previous year were more likely to have consumed alcohol at a more moderate level during social activities than those who had frequently participated in these activities: 32.1% of respondents who attended parties or gatherings a few times per year consumed alcohol up to half the time during these activities, compared to 24.7% of those who frequently participated in these activities (Figure 8 and Table 27).

Current drinkers who frequently went to a concert, sports event or festival in the year preceding the survey were more likely to have consumed alcohol while attending these events than those who engaged in these activities a few times per year: 57.6% of respondents who frequently attended concerts, sports events or festivals never consumed alcohol during these events, compared to 71.6% of those who participated in these activities a few times per year (Figure 9 and Table 27). However, current drinkers who frequently went to concerts, sports events or festivals in the year preceding the survey were more likely to have consumed alcohol at a moderate level than those who engaged in these activities a few times per year: 32.7%

of respondents who frequently went to a concert, sports event or festival in the previous year consumed alcohol up to half the time while engaged in these pursuits, compared to 22.2% of those who participated in these activities a few times per year (Figure 9 and Table 27). There was very little difference in the proportion of respondents who consumed alcohol more frequently during these events regardless of the level of participation (Figure 9 and Table 27).

In contrast, frequency of having visited someone else's home in the year preceding the survey was negatively related to frequency of drinking while visiting someone else's home: 23.8% of current drinkers who visited someone else's home frequently in the previous year never consumed alcohol while visiting someone else's home, compared to 14.9% of those who did so a few times per year (Figure 7 and Table 25). Among those respondents who did consume alcohol while visiting someone else's home, the proportion of respondents who consumed alcohol more than half the time was very similar regardless of the level of participation, while the proportion of persons who drank up to half the time was significantly larger among those who visited someone else's home a few times per year than among those who did so frequently (Figure 7 and Table 25). This suggests that it is the more moderate pattern of alcohol consumption while visiting someone else's home that declines with the frequency of visiting someone else's home, and not the more frequent one.

These results suggest that frequency of participation in leisure activities is not directly related to the amount of alcohol consumed while engaged in these endeavours, but rather that the nature of this relationship is highly idiosyncratic, and varies considerably according to the context and nature of leisure involvements. The findings also indicate that patterns of drinking behaviour during leisure contexts are also highly idiosyncratic, and do not necessarily conform to general patterns of alcohol use. Thus, these results further support the contention that the relationships between alcohol use and leisure behaviour are context and activity specific

(Carruthers, 1993; Simpura, 1985). However, they also indicate that the frequency of participation in leisure activities is related differently to the frequency of alcohol consumption while engaged in these activities than to the overall frequency of drinking in the year preceding the survey. Although essentially the same populations were involved, different relationships were found to occur depending on whether frequency of participation in the eleven specified leisure activities was examined according to frequency of alcohol consumption while engaged in these activities, or the overall frequency of alcohol consumption in the year preceding the survey. Only the frequency of having attended a party, social gathering or wedding was found to be positively associated with the frequency of alcohol consumption regardless of whether alcohol use was specific to this activity or not (Figures 5 and 8, and Tables 21 and 27). These results are significant for two main reasons. Firstly, they question the existence of a consistent relationship between sociodemographic characteristics and alcohol consumption regardless of the activity which is being engaged in. Although the presence of certain populations, such as single young males, does appear to be related to higher levels of alcohol consumption, this relationship appears to vary according to the nature of different leisure involvements. In addition, while leisure activities associated with young males may be positively related to general patterns of alcohol consumption, they are not necessarily similarly related to the frequency of alcohol use while participating in these leisure activities. For example, although frequency of visiting a bar or tavern was positively related to the overall frequency of drinking in the year preceding the survey, it was not positively related to the frequency of drinking while at bars or taverns (Tables 19 and 25). Secondly, results indicate that the frequency of participation in leisure activities is related differently to overall frequency of alcohol consumption than to the frequency of alcohol consumption while participating in these specific activities. For example, while frequency of participation in sports activities such as skiing, softball or golf was

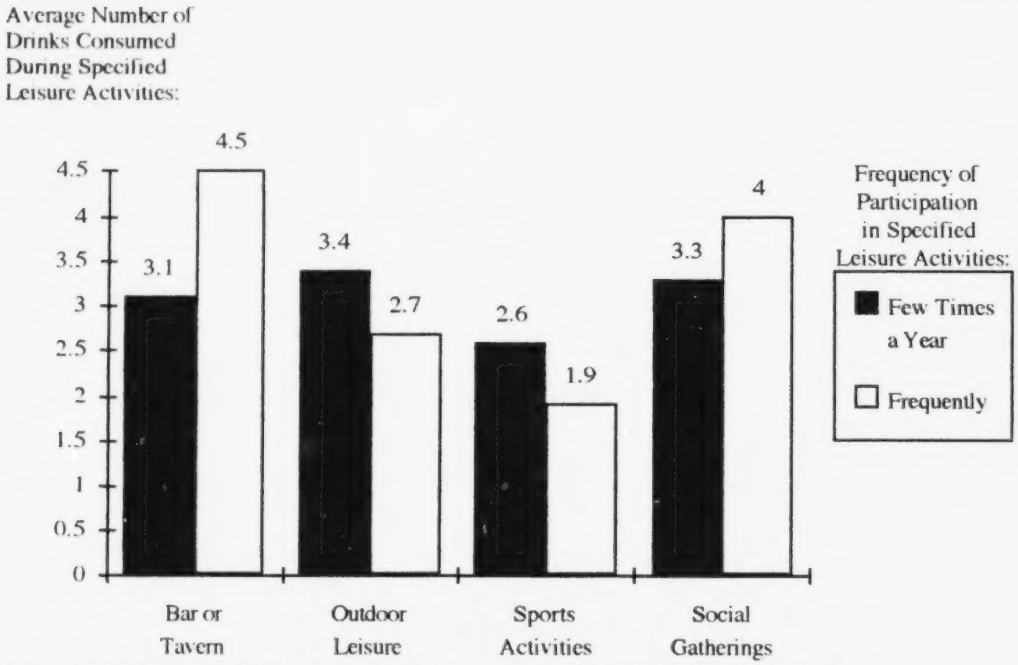
positively related to overall frequency of alcohol consumption in the year preceding the survey, it was not positively related to the frequency of alcohol consumption while engaged in these pursuits (Tables 20 and 26). This suggests that the relationship between frequency participation in leisure activities and the frequency of alcohol use varies according to the level of participation in the particular activity, as well as in relation to overall frequency of alcohol use, and frequency of alcohol use while engaged in these specific activities.

Participation in Leisure Activities and Amount of Alcohol Consumed During Leisure

The average amount of alcohol consumed per drinking occasion during the eleven leisure activities was examined according to the frequency of participation in each of these activities. A one-way analysis of variance (ANOVA) was employed to determine if the differences between these means were statistically significant. This analysis permits the examination of drinking behaviour which was specific to these leisure activities, and the comparison of these patterns with those that were not exclusively associated with any particular leisure activity or context. Four of the eleven activities demonstrated statistically significant differences in the average number of drinks consumed per drinking occasion during these leisure pursuits based on the frequency of participation in these activities: (1) going to a bar or tavern; (2) doing sports activities such as skiing, softball or golf; (3) engaging in leisure activities such as being at a cottage, camping or boating; and (4) attending a party, social gathering or wedding (FIgure 10 and Tables 28, 29 and 30).

Frequency of having been to a bar or tavern, or having attended parties, social gatherings or weddings was positively related to the amount of alcohol consumed per occasion during these activities (Figure 10 and Tables 28 and 30). Current drinkers who frequently went to a bar or tavern in the year preceding the survey consumed an

Figure 10: Average Number of Drinks Consumed While Participating in Specified Leisure Activities by Frequency of Participation in Specified Leisure Activities, 1989 NADS, Alberta



Average Number of Drinks Consumed Per Occasion During Specified Leisure Activities

NOTES:
Excludes current drinkers who never participated in the activity
*results should be interpreted cautiously due to high sampling variability

average of 4.5 drinks per occasion, compared to an average of 3.1 drinks for those who visited bars of taverns a few times per year (Figure 10 and Table 28). In addition, respondents who had frequently attended parties, social gatherings or weddings consumed an average of 4.0 drinks per occasion, compared to an average of 3.3 for those who stated they participated in these activities a few times per year (Figure 10 and Table 30). Both of these leisure activities have been associated with generally higher levels of alcohol consumption in previous studies (Clark, 1985; Cosper, Okraku & Neumann, 1985; Health and Welfare Canada, 1992; Husch, 1991; Simpura, 1985; Smith 1983, 1985; Stebbins, 1988; Willis, 1990). As has been previously mentioned, participation in both of these activities was more likely to have included populations which have been associated with higher levels of alcohol consumption in previous studies. Having been to a bar or tavern was associated with single young males, while having attended parties or social gatherings was associated with single young people (Tables 1, 4 and 6). These results are similar to those which occurred in relation to the overall average amount of alcohol consumed per drinking occasion in the year preceding the survey (Tables 22 and 24). This suggests that frequency of participation in these two leisure activities is positively related to the average amount of alcohol consumed per occasion regardless of whether or not the alcohol is consumed while participating in these activities.

In contrast, frequency of having engaged in outdoor leisure activities such as being at a cottage, camping or boating or having participated in sports activities such as skiing, softball or golf was negatively related to the amount of alcohol consumed per occasion while engaged in these endeavours (Figure 10). Current drinkers who had frequently participated in outdoor leisure activities in the year preceding the survey consumed an average of 2.7 drinks per drinking occasion during outdoor leisure, compared to an average of 3.4 drinks for those who participated in these activities a few times per year (Figure 10 and Table 29). Similarly, frequent

participants in sports activities such as skiing, softball or golf consumed an average of 1.9 drinks per occasion during these activities, while those who participated in these activities a few times per year consumed an average of 2.6 drinks (Figure 10 and Table 29). These results are dissimilar to those which were obtained in relation to the overall average number of drinks consumed per occasion in the year preceding the survey. No statistically significant relationships were found to occur between the frequency of participation in outdoor leisure and sports activities and the average amount of alcohol consumed in the year preceding the survey (Table 23). As well, although having visited someone else's home or having gone to a club or meeting in the year preceding the survey were negatively related to the overall average amount of alcohol consumed per occasion, there was very little difference in the average number or drinks consumed according to the frequency of participation in these pursuits (Table 22). Similarly, there was very little difference in the average amount of alcohol consumed per occasion while visiting someone else's home or at a club or meeting by the frequency of participation in these leisure activities (Table 28).

Once again, these findings generally confirm the tentative and preliminary results of previous studies that have suggested that the relationship between alcohol use and leisure behaviour does not conform to a generalized pattern, but rather varies according to the nature of different leisure involvements or contexts (Clark, 1985; Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Simpura, 1985). When taken in conjunction with results that occurred in relation to the frequency of alcohol consumption, these results suggest that the relationship between the amount of alcohol consumption and leisure is highly idiosyncratic: consistent patterns appear to exist between participation in some leisure activities and patterns of alcohol use, while other leisure activities or contexts appear to be differently related to the frequency of alcohol consumption or to the amount of alcohol consumed per occasion, and to both of these measures depending on whether they occur exclusively

while participating in these specific activities or not. In addition, while these findings generally support the contention that sociodemographic characteristics are related to patterns of drinking behaviour in leisure, they also indicate that this relationship may not be consistent as has been suggested in previous studies (Fitzgerald & Mulford, 1986). Although essentially the same populations were involved, different relationships were found to occur between sociodemographic characteristics and alcohol consumption depending on whether the frequency or amount of alcohol consumption per occasion was examined, and on whether or not general patterns of alcohol use or those specific to certain leisure activities or contexts were explored.

Sociodemographic Characteristics and Participation in Leisure Activities as Predictors of the Amount of Alcohol Consumed

Multiple regression analysis was used to examine the relative influence of sociodemographic characteristics on the amount of alcohol consumed per occasion in the year preceding the survey (Table 31). The six sociodemographic variables, gender, age, education, occupation, income and marital status, were recoded as dummy variables so that they could be employed as independent variables in a multiple regression equation to predict the average amount of alcohol consumed per occasion in the year preceding the survey (Table 31). The reference group for the multiple regression equation was single males,between the ages of 15 and 24 years, who had completed some postsecondary education, were in professional or managerial occupations, and had incomes of $40,000 or more (Table 31).

In general, this analysis suggests that sociodemographic characteristics do influence the amount of alcohol consumed per drinking occasion, but the extent of this influence is limited in nature. The multiple correlation coefficient for all of these sociodemographic variables was very modest (r = .42), as was the total amount of variance accounted for by these variables (r^2 = .19) (Table 31). However, there is

evidence to suggest that some of these particular populations were indeed more likely to consume greater quantities of alcohol per drinking occasion. The reference group, which included single young males, was found to consume an average of about three drinks per drinking occasion in the year preceding the survey (constant = 3.05) (Table 31). Female respondents consumed an average of about one less drink per drinking occasion than the reference group (b = -1.03) in the year preceding the survey (Table 31). Age was also positively related to the amount of alcohol consumed per drinking occasion in the year preceding the survey: respondents who were between 25 and 39 years consumed approximately half a drink less per occasion than the reference group (b = -.66), while those between 40 and 54 consumed one less drink per drinking occasion (b =-.96) , and those who were 55 or older consumed two fewer drinks per drinking occasion (b = -2.21) (Table 31). Married respondents consumed slightly fewer drinks per occasion than the reference group (b = -.82) in the year preceding the survey. All of these differences were statistically significant at the .01 level (Table 31). In addition, blue collar respondents (b = .65) and those who had completed no more than a secondary education (b = .43) were somewhat more likely to have consumed more drinks per drinking occasion than the reference group (Table 31). Although these results were statistically significant ($p < .05$), the difference in the average number of drinks consumed per occasion was very modest in nature (Table 31).

In general, these results are consistent with those of other studies which have suggested that single young males are more likely to consume greater quantities of alcohol per drinking occasion than other populations (Beck and Summons, 1985; Burton et al., 1993; Clark, 1985; Health and Welfare Canada, 1992). However, these findings also caution that while sociodemographic characteristics certainly play a role in drinking behaviour, they appear to play a rather modest role in determining the overall amount of alcohol consumed per occasion. Only a small proportion of

drinking behaviour appears to be influenced by the nature of the particular populations involved (Table 31). The conclusions which may be drawn from this analysis about the relationships between sociodemographic variables and patterns of drinking behaviour are limited due to the fact that only the quantity of alcohol consumed per occasion was examined. The relationship between sociodemographic variables and the frequency of drinking behaviour in the year preceding the survey could not be examined in a similar manner, because the intervals between categories used to measure the frequency of drinking behaviour do not represent equal intervals, and thus are inappropriate for recoding as the dependent variable in a multiple regression equation.

Multiple regression analysis was also employed to examine the relative influence of both sociodemographic characteristics and having participated frequently in the eleven specified leisure activities on the amount of alcohol consumed per occasion in the year preceding the survey. Variables indicating the frequency of participation in the eleven leisure activities were recoded as dummy variables to indicate the influence of having participated frequently in these activities on the average amount of alcohol consumed per occasion. Each of these variables was then individually entered into a multiple regression analysis in combination with the sociodemographic dummy variables which had been previously utilized to predict the average amount of alcohol consumed per occasion in the year preceding the survey. The reference group for this analysis was the same one as had been utilized in the previous multiple regression analysis, except that for each analysis, those respondents who participated frequently in the leisure activity which was being examined were excluded from the reference group. This analysis was conducted to reveal the influence of having frequently participated in each of these leisure activities on the average amount of alcohol consumed per occasion, while controlling for the influence of sociodemographic variables.

Only frequent participation in having visited a bar or tavern in the previous year was found to have a statistically significant influence ($p < .0000$) on the average amount of alcohol consumed per occasion (Table 32). The reference group for this analysis consumed an average of about two and a half drinks (constant = 2.47) per drinking occasion (Table 32). Persons who frequently visited a bar or tavern consumed an average of about one more drink per occasion ($b = .99$) than members of the reference group (Table 32). However, having frequently visited a bar or tavern only marginally improved the multiple regression coefficient ($r = .44$) and only modestly improved the amount of variance accounted for by soiodemographic variables (Tables 31 and 32).

It is also interesting to note that when having frequently visited a bar or tavern is entered into the multiple regression equation, differences according to age are no longer as pronounced. While respondents who were 55 years or older still consumed about two fewer drinks ($b = -1.84$) per occasion than the reference group, no statistically significant differences occurred for respondents between the ages of 25 and 39 years, or between the ages of 40 and 54 years (Table 32). This suggests that some of the differences in the amount of alcohol consumed per occasion that have been associated with the age of respondents may in fact represent the frequency of having visited a bar or tavern in the year preceding the survey. As was the case when sociodemographic variables were separately examined, females consumed fewer drinks than the reference group ($b = -.86$). Similarly, blue collar workers consumed slightly more alcohol per occasion than the reference group ($b = .60$), as did those respondents who had completed no more than a secondary education ($b = .47$) (Table 32).

These findings extend somewhat those that occurred in relation to sociodemographic characteristics. Results are generally consistent with those of other studies which have associated higher quantities of alcohol consumption with single

young male populations and with the frequency of attendance at public drinking establishment such as bars or taverns (Beck & Summons, 1985; Burton et al., 1993; Clark, 1985; Gofton, 1983; Health and Welfare Canada, 1992; Smith 1983, 1985; Stebbins, 1988; Willis, 1990). However, these findings also provide some sense of the relative importance of sociodemographic characteristics and the frequency of participation in leisure activities on patterns of alcohol consumption. With the exception of having visited a bar or tavern, these results suggest that gender, age, marital status, and to a lesser extent, education and occupation, are better predictors of the average amount of alcohol consumed per occasion than frequent participation in leisure activities (Table 32). However, sociodemographic characteristics and frequent participation in the eleven leisure activities do not create a particularly strong model to predict the overall amount of alcohol consumed per occasion: the total amount of variance accounted for by sociodemographic variables was very modest, as was the amount of variance accounted for by these variables in combination with frequent participation in the eleven leisure activities (Tables 31 and 32). This suggests that the relationships between alcohol consumption and leisure behaviour are more complex than has been generally indicated in previous studies. These findings question those of previous studies which have suggested that sociodeographic characteristics and participation in leisure activities strongly and consistently influence patterns of alcohol consumption (Perdue & Rainwater, 1984, Fitzgerald & Mulford, 1986; Young & Kronus, 1977). In addition, these results suggest that frequent participation in leisure activities other than going to a bar or tavern does not appear to have a particularly strong impact upon the average amount of alcohol consumed per occasion. Again, the conclusions which may be drawn from this analysis of the relative influence of these variables on patterns of drinking behaviour are limited by the fact that only the number of drinks consumed per occasion in the year preceding the survey was examined. Unfortunately, the relative influence of these variables on

the frequency of alcohol consumption could not be explored, because, as has been noted earlier this variable could not be recoded into a dependent variable for a multiple regression equation.

Summary

These results suggest that the relationship between frequency of participation in leisure activities and alcohol consumption is more complex and heterogeneous than has generally been indicated in previous studies. Considerable variation in patterns of alcohol use were found in relation to the frequency of participation in the eleven leisure activities. A considerable variety of drinking behaviour was evident in relation to the particular leisure involvement that was being investigated, and the level of participation in these activities. As well, different relationships were found to occur between alcohol consumption and leisure behaviour depending upon whether general patterns of alcohol consumption, or those specific to certain leisure activities or contexts were examined. The most consistent relationships occurred in relation to having been to a bar or tavern, or having attended parties, social gatherings or weddings. However, even these activities did not demonstrate a consistent positive relationship between alcohol consumption and leisure behaviour at all levels of participation. In addition, these findings suggest that the relationships between sociodemographic characteristics, participation in leisure and alcohol consumption are more heterogeneous and demonstrate less conformity than has been indicated in previous research. While results indicated that sociodemographic characteristics influenced participation in the eleven leisure activities to some extent, the drinking and leisure behaviour associated with particular populations, such as single young males, was found to be more complex and less uniform than has generally been suggested in previous studies.

CHAPTER VI

ALCOHOL, LEISURE AND PUBLIC ATTITUDES

The present study examined the relationships between alcohol consumption associated with leisure activities and contexts and public attitudes on issues concerning alcohol use and leisure behaviour. Specifically, the study explored the relationships between the average amount of alcohol consumed per occasion while participating in the eleven specified leisure activities and five attitudinal measures: (1) the amount of alcohol consumption considered to be acceptable in eight leisure-oriented social situations; (2) the perceived harmful effects of alcohol use on personal life; (3) attitudes towards a proposed ban on sponsorship of leisure events by alcohol producers; (4) the perceived effectiveness of specified alcohol treatment programs; and (5) the incidence of alcohol-related community problems. This permits an examination of the attitudinal dimension of the relationships between alcohol use and leisure behaviour, as well as the relationships between this dimension, sociodemographic characteristics and patterns of alcohol consumption. While several previous studies have examined the attitudinal dimension of the relationships between patterns of alcohol consumption and leisure behaviour, these studies have generally involved small, non-random samples. In addition, the review of literature did not identify any study based on a large random sample which had explored the influence of sociodemographic characteristics, participation in leisure activities and public attitudes on alcohol consumption and leisure behaviour. The one-way analysis of variance (ANOVA) was employed to determine if differences in the amount of alcohol consumed per occasion during the eleven leisure activities according to the five attitudinal measures were statistically significant (Bohrnstedt & Knoke, 1988).

Perceived Acceptable Quantity of Alcohol Consumption and the Amount of Alcohol Consumed During Leisure

The amount of alcohol consumed per occasion during the eleven specified leisure activities was examined according to the amount of alcohol consumption perceived as being acceptable in eight specified leisure-oriented social situations. These situations were: (1) a party in someone else's home; (2) a man at a bar with friends; (3) a woman at a bar with friends; (4) a couple dining at home; (5) co-workers at lunch; (6) with friends at home; (7) with friends after work; and (8) while involved in sports and recreation. Respondents indicated whether they thought there should be (1) no drinking, (2) one or two drinks, or (3) drinking enough to feel the effects or sometimes get drunk in each of these leisure-oriented situations. The third category (drinking enough to feel the effects or sometimes get drunk) combined two categories from the NADS (1) enough to feel the effects, and (2) getting drunk is sometimes OK. These two attitudinal measures could not be examined individually, due to high sampling variability. A one-way analysis of variance (ANOVA) was employed to determine if the differences in average amount of alcohol consumed per occasion in leisure activities were statistically significant. In addition, results which were statistically significant yet amounted to differences of less than approximately one drink per drinking occasion were not considered consequential to a meaningful analysis of the data.

The amount of alcohol consumed during five of the eleven leisure activities demonstrated a statistically significant positive relationship with the perceived acceptable amount of alcohol consumption in the eight leisure-oriented social situations. The five activities were: (1) when visiting someone else's home; (2) with visitors at one's own home; (3) at a bar or tavern; (4) during outdoor leisure activities, such as being at a cottage, camping or boating; and (5) at parties, social gatherings or weddings (Figures 11 to 18 and Tables 33-1 and 33-2). Those current drinkers who

stated that it was acceptable to drink enough alcohol to feel the effects or get drunk in the eight leisure-oriented situations consumed the highest number of drinks during these activities (Figures 11 to 18 and Tables 33-1 and 33-2). Although some of the results in relation to the other six specified leisure activities were found to be statistically significant, these results were inconsistent, and generally either involved differences of less than one drink per occasion, or were not suitable for release due to high sampling variability. There were, however, a few exceptions to this general trend. Respondents who felt it was acceptable to consume enough alcohol to feel the effects or get drunk with friends at home, with friends after work, and during sports and recreation consumed more alcohol per occasion than those who felt it was acceptable to consume up to one or two drinks in these leisure situations (Table 33-4). Current drinkers who considered it was acceptable consume enough alcohol to feel the effects or get drunk at a party, or during sports and recreation consumed more alcohol at concerts, sports events or festivals than did those who felt is was only acceptable to consume one or two drinks in these situations (Tables 33-3 and 33-4). In addition, those who considered it acceptable for a man to drink enough alcohol to feel the effects or get drunk in a bar consumed more alcohol per occasion at concerts, sports events or festivals than did those who stated it was only acceptable for a man to have one or two drinks at a bar (Table 33-3). However, these results are clearly the exception to the rule for these leisure activities, which generally demonstrated very little differences in the average number of drinks consumed according to attitudes towards drinking in leisure situations.

The two leisure activities which demonstrated the strongest positive relationship between the number of drinks consumed per occasion and the amount of alcohol consumption considered acceptable during leisure were having visited a bar or tavern and having attended parties or social gatherings (Figures 11 to 18 and Tables 33-1 and 33-2). Both of these leisure activities included significant

proportions of single young males (Figures 1 and 2, and Tables 1, 3, 5, 6, 16 and 18). Differences in the amount of alcohol consumed per occasion by respondents while visiting someone else's home, while having friends or relatives visit in their homes or during outdoor leisure activities were generally less pronounced (Figures 11 to 18 and Tables 33-1 and 33-2). These three leisure three activities were also less oriented towards single young male participants. Current drinkers who had friends or relatives visit their homes were more likely to be single, although there were no significant differences based on age or gender (Figure 1 and 2, and Tables 1, 4, and 16). In addition, while respondents who had frequently visited someone else's home or participated in outdoor leisure were more likely to be young, there were no differences in the level of participation in these activities according to gender (Figure 1 and Tables 1, 2, 4 and 5).

These findings suggest that the nature of the particular leisure activity or context is important in determining the extent to which attitudes towards alcohol consumption in different leisure situations will be positively related to the amount of alcohol consumed during leisure activities. These results generally confirm the tentative findings of exploratory studies and those based on small or non-random samples which have suggested that drinking behaviour and attitudes towards alcohol use in leisure situations are activity and context specific (Beck & Summons, 1985; Carruthers, 1993; Simpura, 1985). Certain leisure activities were more consistently correlated positively with higher levels of alcohol consumption and with more liberal attitudes towards alcohol use than were others. Having visited a bar or tavern and having attended social gatherings in the year preceding the survey demonstrated the strongest positive relationship with attitudes about the amount of alcohol consumption considered acceptable in eight leisure-oriented situations. These same two leisure activities also generally demonstrated the strongest positive relationship with both the frequency of drinking and amount of alcohol consumed per occasion,

regardless of whether this drinking occurred within these leisure activities or not.

In general, those activities for which the average amount of alcohol consumed was consistently correlated positively with the amount of alcohol consumption perceived as being acceptable in the eight leisure-oriented situations were decidedly social in nature, and generally were less highly structured than other leisure activities (Figures 11 to 18 and Tables 33-1 and 33-2). While it is true that going to a bar or tavern and participating in the specified seasonal leisure activities do not, by definition, involve socialization, it is reasonable to assume that this is very often the case (Cosper, Okraku & Neumann, 1985). However, this relationship was generally stronger in relation to drinking which occurs at bars or taverns, during outdoor leisure or at social gatherings, than for drinking that occurred while visiting someone else's home, or having visitors (Figures 11 to 18 and Tables 33-1 and 33-2). In addition, attitudes were generally less favourable towards drinking in private or work-oriented leisure occasions than in more public social leisure settings (Health and Welfare Canada, 1992). This suggests that drinking in public leisure settings may be more strongly related positively to attitudes about the acceptable amount of alcohol consumption in leisure situations than is drinking in leisure activities which occur in the private sphere.

As well, the demographic patterns of participation in different leisure activities also appear to play an important role in influencing the congruency between attitudes towards consumption during leisure-oriented situations and actual levels of consumption during leisure. Drinking in highly social, informal public leisure activities which generally included a high proportion of single young males demonstrated the strongest positive relationship with the amount of alcohol consumption considered acceptable in leisure situations.

Figure 11: Average Amount of Alcohol Consumed during Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable at a Party, 1989 NADS, Alberta

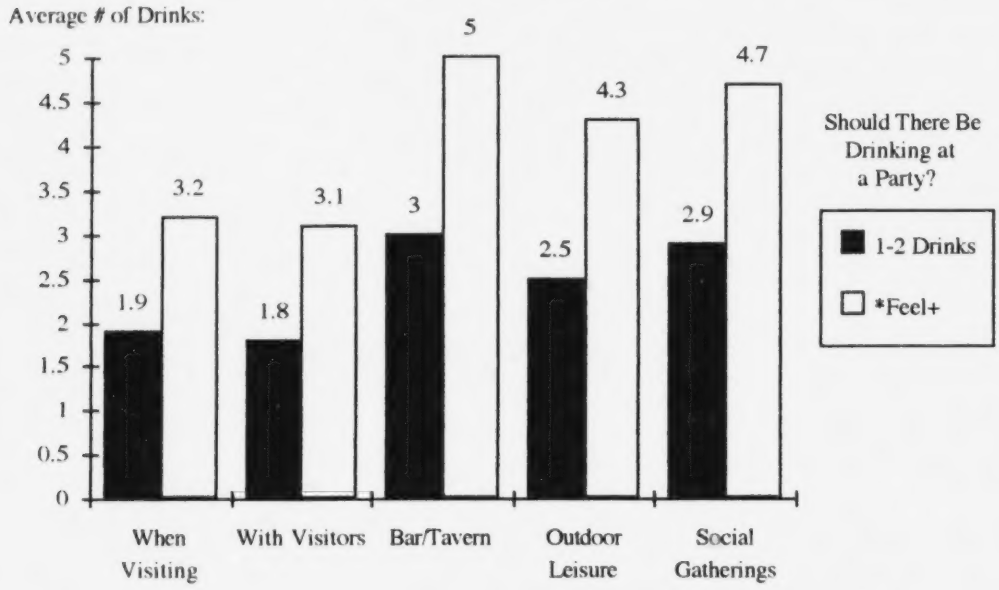
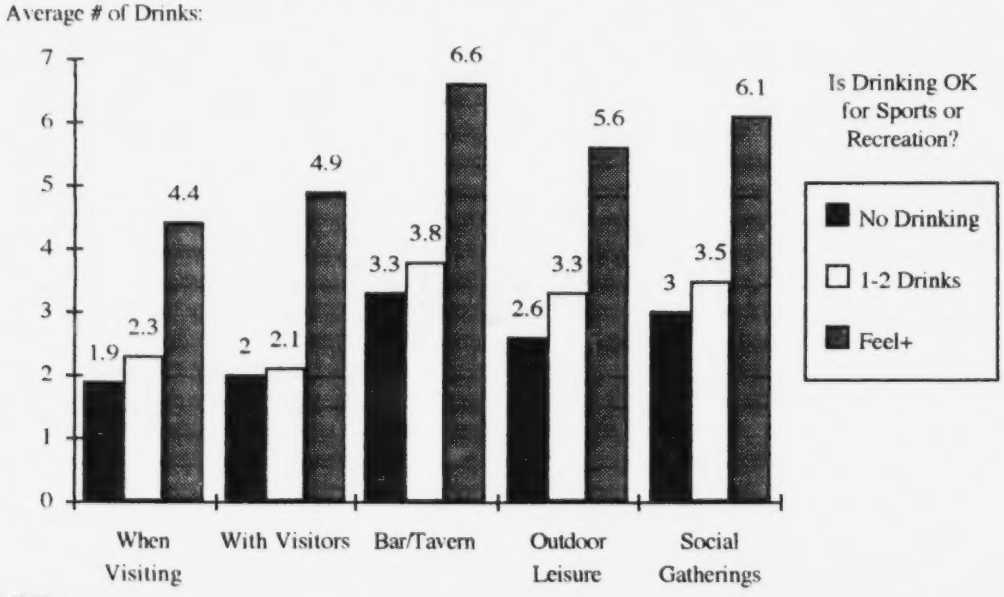


Figure 12: Average Amount of Alcohol Consumed during Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable During Sports and Recreation, 1989 NADS, Alberta



NOTES:
*This Category Combines two separate categories from the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.

Figure 13: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable for a Man at a Bar, 1989 NADS, Alberta

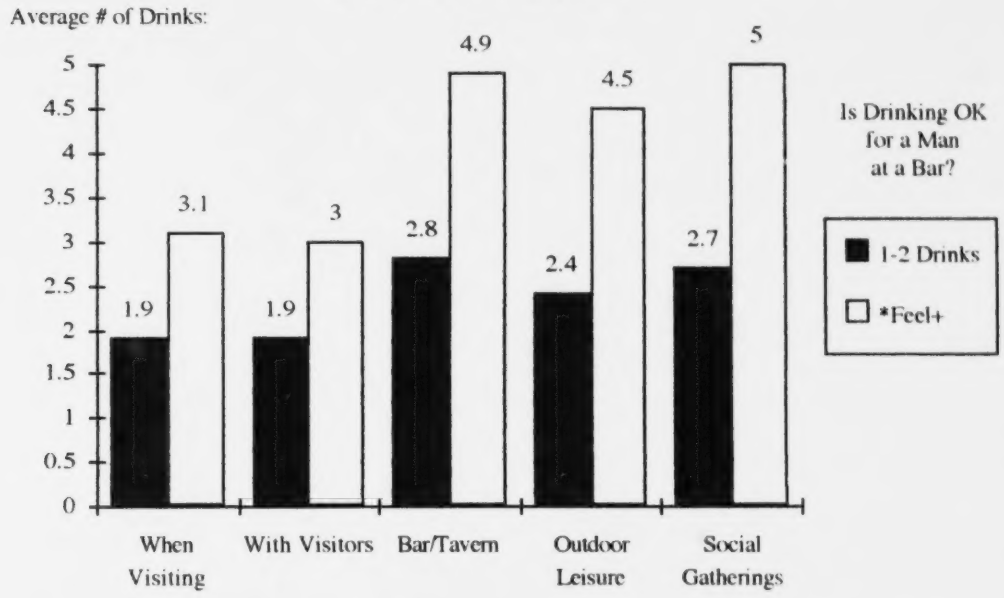
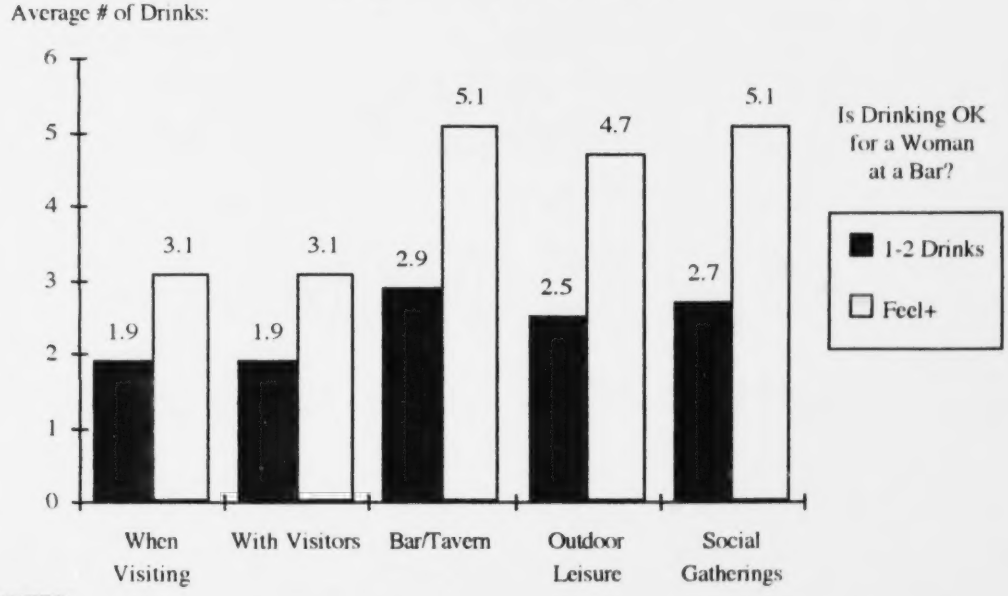


Figure 14: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable for a Woman at a Bar, 1989 NADS, Alberta



NOTES:
*This Category Combines two separate categories from the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.

Figure 15: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable for a Couple Dining at Home, 1989 NADS, Alberta

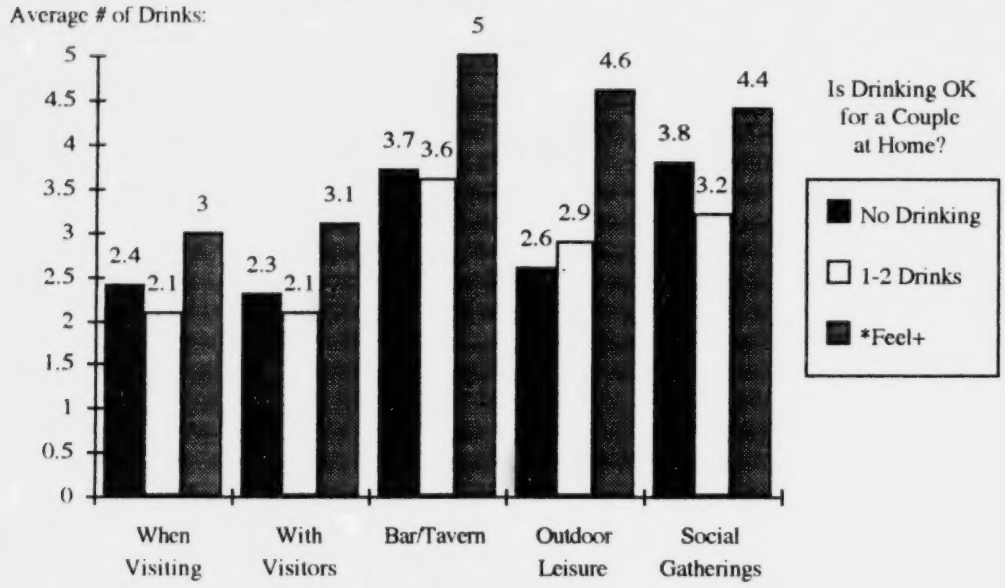
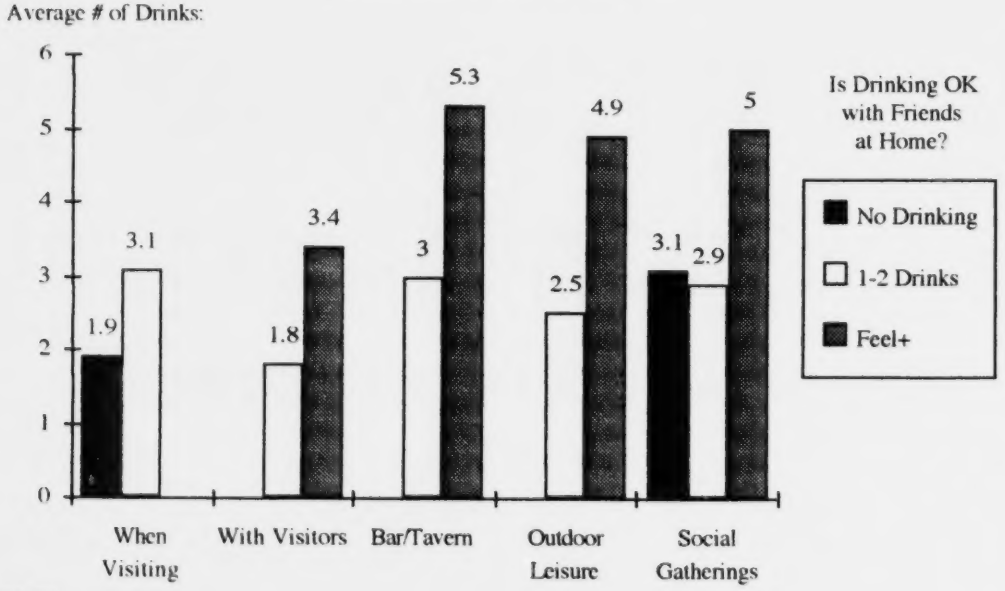


Figure 16: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable with Friends at Home, 1989 NADS, Alberta



NOTES:
*This Category Combines two separate categories from the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.
some coefficients are suppressed due to high sampling variability

Figure 17: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable with Co-Workers at Lunch, 1989 NADS, Alberta

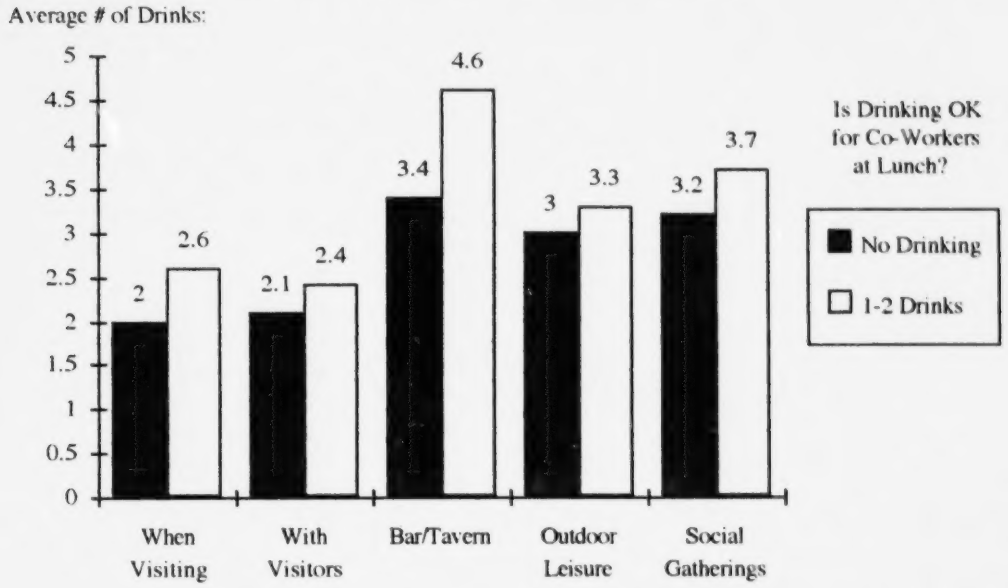
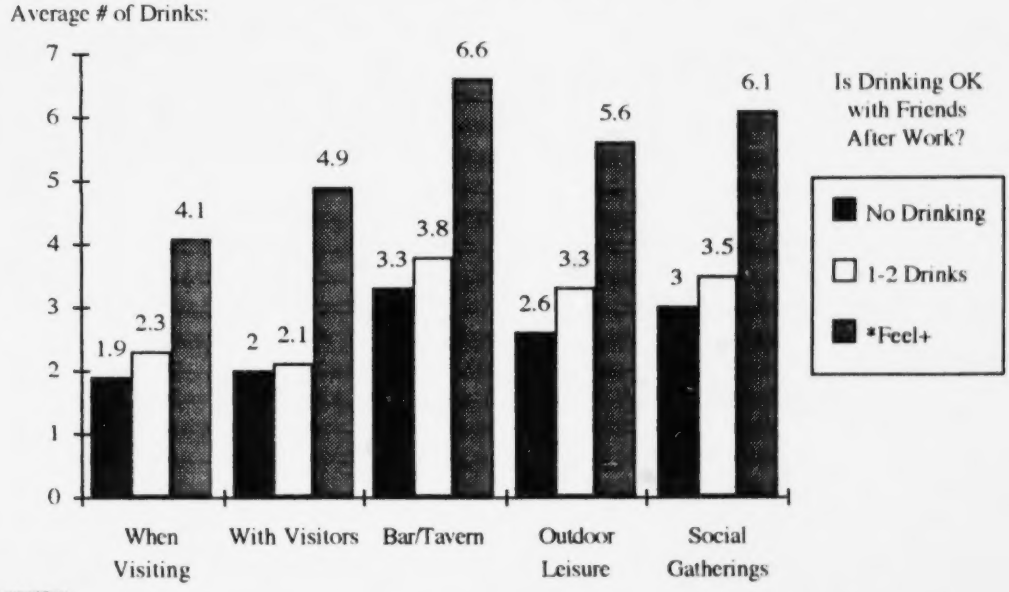


Figure 18: Average Amount of Alcohol Consumed During Specified Leisure Activities by Amount of Alcohol Consumption Considered Acceptable with Friends after Work, 1989 NADS, Alberta



NOTES:
*This Category Combines two separate categories from the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.

Perceived Harmful Effects of Alcohol on Personal Life and the Amount of Alcohol Consumed during Leisure

The amount of alcohol consumed during the eleven specified leisure activities was examined according to the perception of the harmful effects of alcohol use on personal life. Respondents were asked if there had ever been a time when they felt that alcohol use had a harmful effect on their: (1) friendships or social life; (2) physical health; (3) outlook on life (happiness); (4) home life or marriage; (5) work, studies or employment opportunities; and (6) financial position. A one-way analysis of variance (ANOVA) was employed to determine if the differences in the average number of drinks consumed during leisure by the perception of harmful effects of alcohol on personal life were statistically significant. As in the previous analysis, results which were statistically significant, but amounted to differences of less than approximately one drink per drinking occasion were not considered to be of consequence for practical purposes. A significant relationship was, in fact, found for five activities - the same five activities where consistent positive relationships were found to exist between the amount of alcohol consumed during the activities and the amount of alcohol consumption considered acceptable during the eight different leisure-oriented social situations (Figures 19 to 24 and Table 34-1). As was the case in the previous analysis, a positive relationship was found to occur between the amount of alcohol consumed during these activities and the perception of harmful effects (Figures 19 to 24 and Table 34-1). Although some of the findings in relation to the other six specified leisure activities were statistically significant, these results involved differences of less than one drink per occasion, or were unsuitable for release due to high sampling variability. There was only one exception to this general pattern: current drinkers who stated that alcohol use had been harmful to their health consumed slightly more than one drink per occasion during concerts, sports events or festivals than those who did not (Table 34-2). In general, these results were

consistent with findings about the relationship between the amount of alcohol consumed in leisure activities and attitudes towards the acceptable amount of alcohol consumption in eight leisure-oriented situations. Once again, the amount of alcohol consumed per occasion in bars and taverns or while attending parties or social gatherings demonstrated a strong positive relationship with the perception of harmful effects. However, differences in the number of drinks consumed per occasion in public and private leisure situations were somewhat less pronounced than those that occurred in relation to the amount of alcohol consumption considered acceptable in eight leisure-oriented situations.

The results indicate that a universal direct correlation does not appear to exist between the perception of harmful effects of alcohol use on personal life and the amount of alcohol consumed in all leisure situations. Rather, a positive (and, perhaps, direct) relationship occurs for some specific leisure activities and contexts but not for others. The similarity between these results and those from the preceding analysis suggests that respondents who consumed greater quantities of alcohol per occasion in the five previously specified leisure activities tended to consistently express more liberal attitudes towards alcohol use in leisure situations, and have experienced a variety of harmful effects on their personal lives resulting from alcohol use (Figures 11 to 24, and Tables 33-1, 33-2, and 34-1). Further research will be required to explore and better articulate the nature of the relationships and interactions between alcohol consumption in these five leisure activities, attitudes towards alcohol use in leisure situations, and the perception of harmful effects of alcohol use on personal lives.

It is also likely that the sociodemographic characteristics of participants in these activities plays a part in this relationship. The five leisure activities for which the quantity of consumption was significantly correlated with the perception of harmful effects are the same ones for which there was a significant correlation

between quantity of consumption and perceived acceptable levels of consumption in the eight leisure-oriented social situations. Thus, the questions pertaining to the effects of sociodemographic characteristics of participants that were raised in the previous section may also apply here.

These results add further support to the contention that attitudes towards various aspects of alcohol consumption and the amount of alcohol consumed during leisure activities do not correlate in some universal or consistent manner, but rather appear to involve context and activity-specific relationships. Drinking in leisure activities in public locations which were oriented towards single young male participants consistently demonstrated a strong positive relationship with the perception of the harmful effects of alcohol use on personal life.

Figure 19: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Friendships or Social Life, 1989 NADS, Alberta

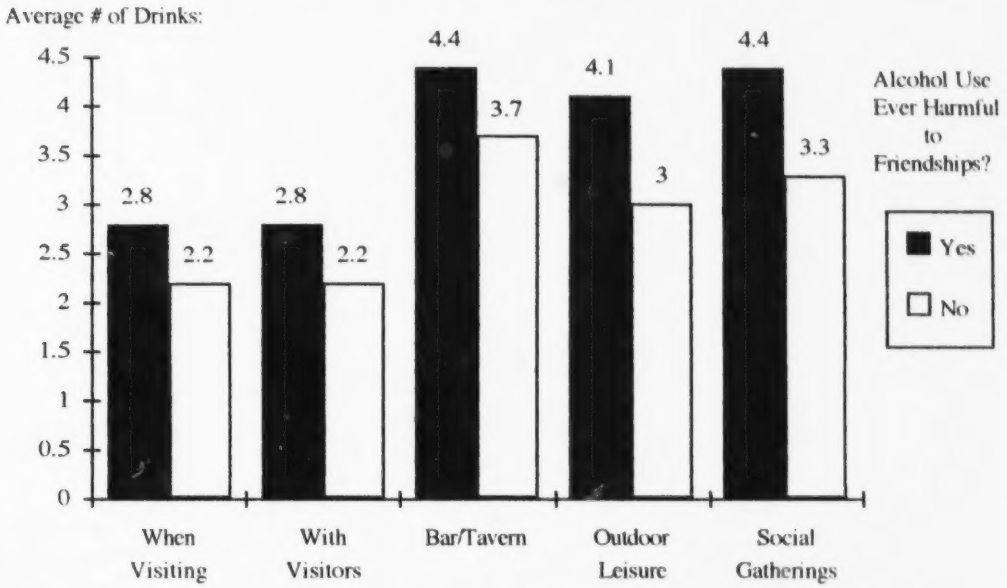


Figure 20: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Physical Health, 1989 NADS, Alberta

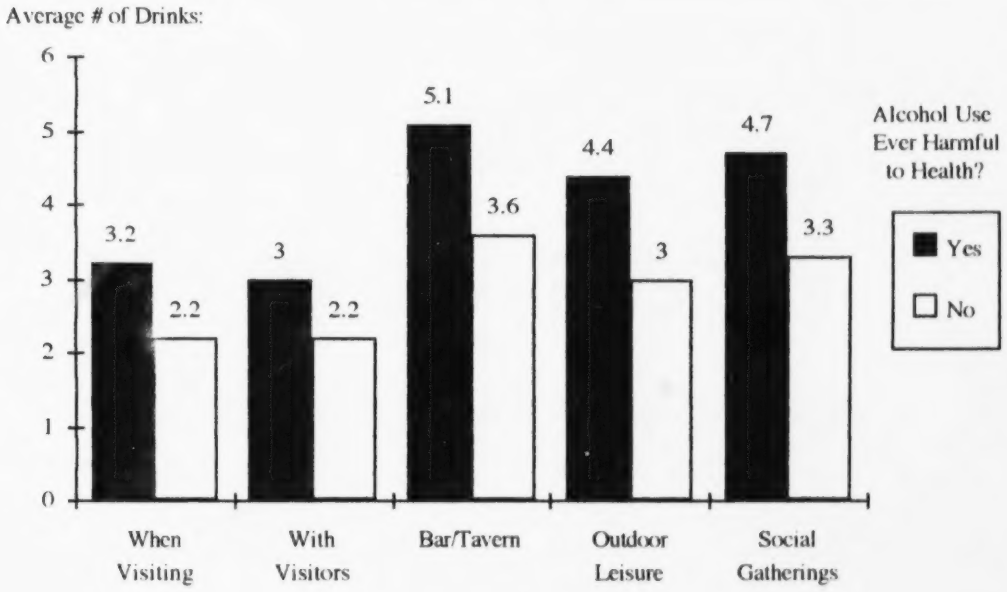


Figure 21: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Personal Happiness, 1989 NADS, Alberta

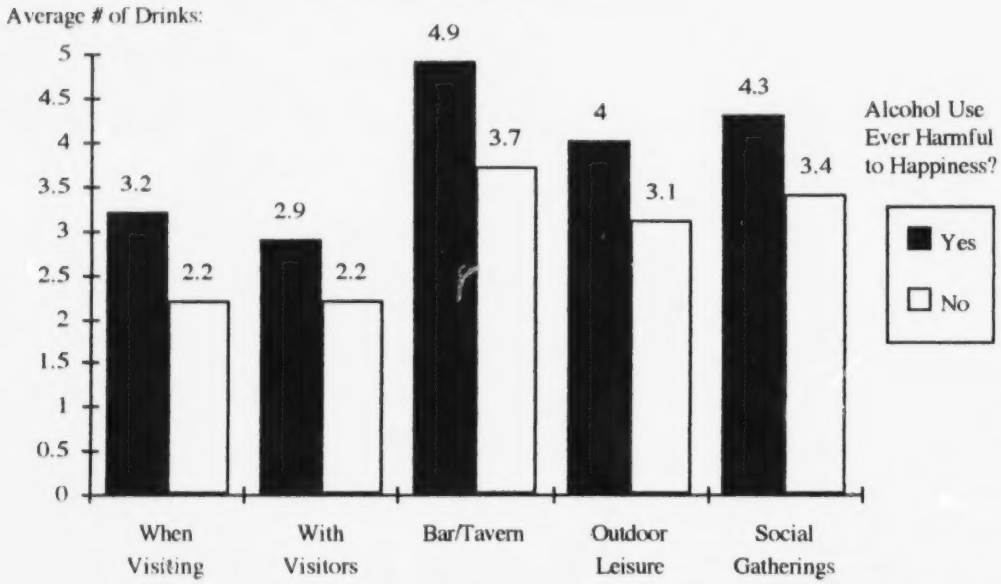


Figure 22: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Home Life or Marriage, 1989 NADS, Alberta

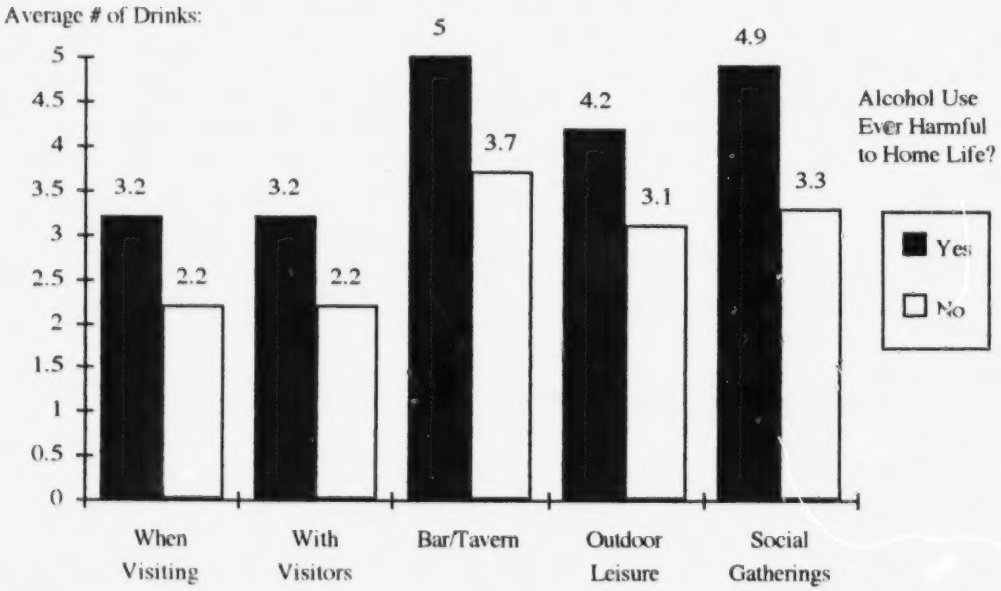


Figure 23: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Work, Studies or Employment Opportunities, 1989 NADS, Alberta

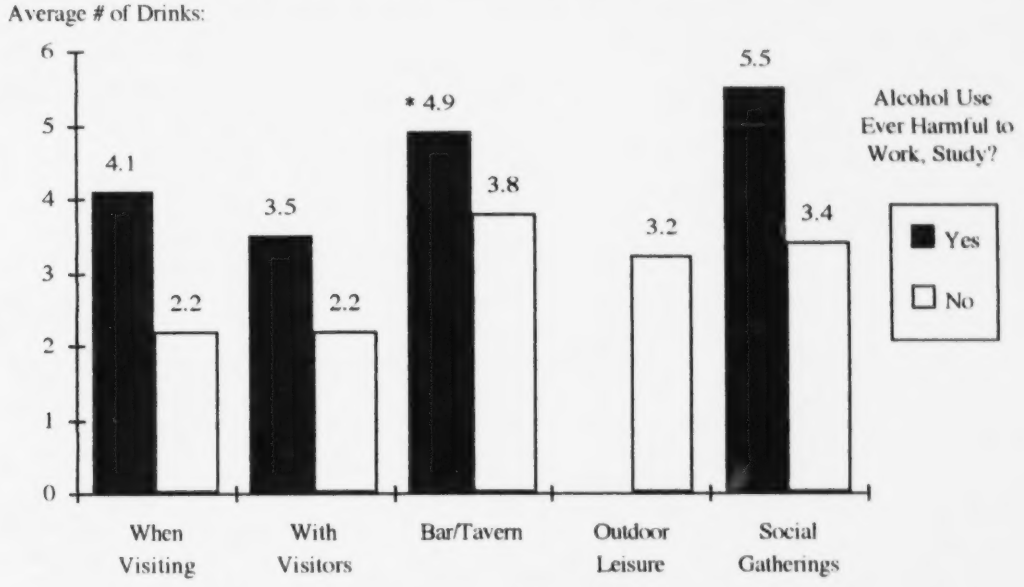
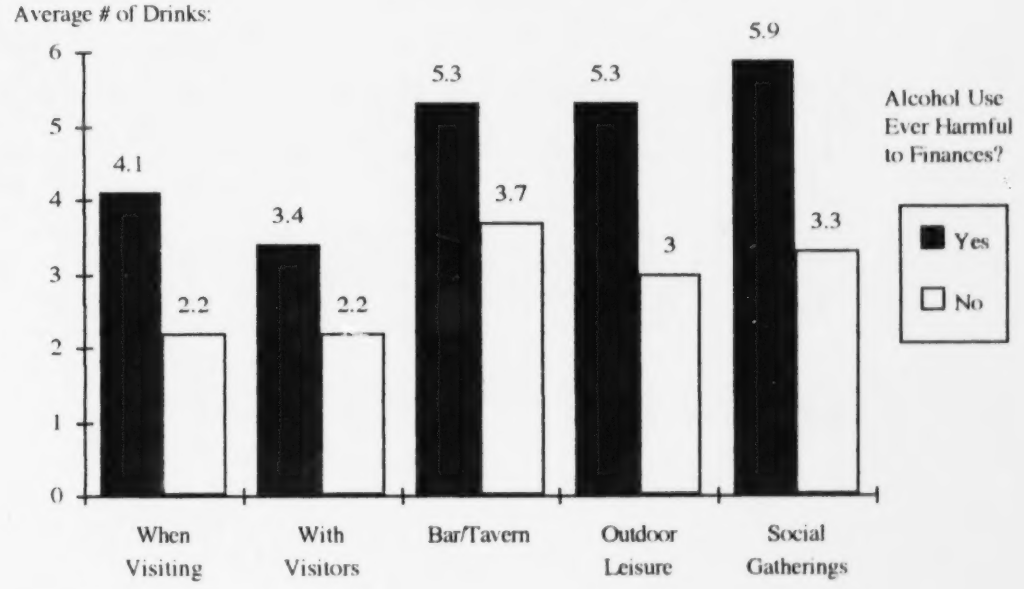


Figure 24: Average Amount of Alcohol Consumed During Specified Leisure Activities by Perception of the Harmful Effects of Alcohol Use on Personal Finances, 1989 NADS, Alberta

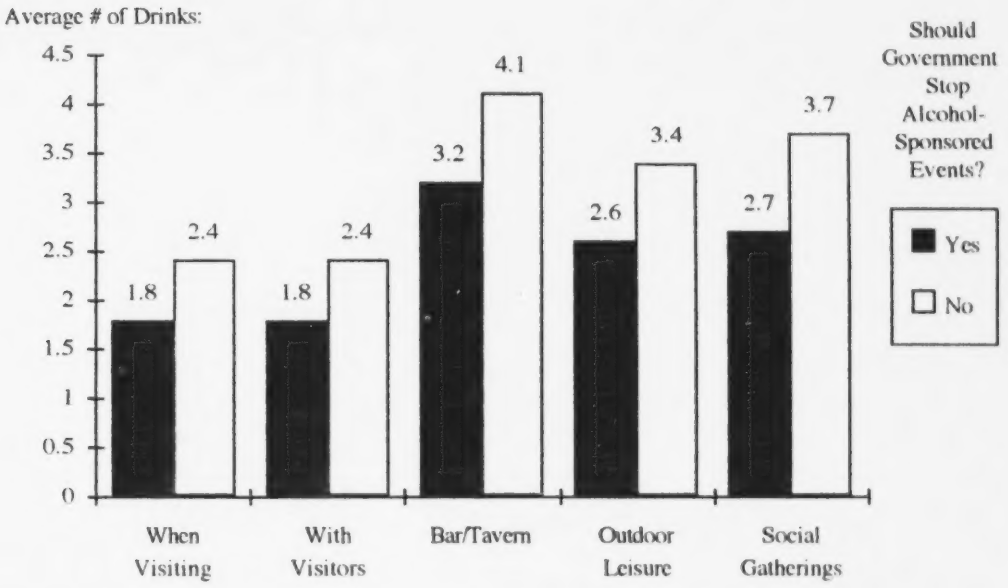


NOTES:
some coefficients are suppressed due to high sampling variability
*results should be interpreted cautiously due to high sampling variability

Attitudes Towards a Proposed Ban on Sponsorship of Leisure Events by Alcohol Producers

The amount of alcohol consumed while participating in the eleven specified leisure activities was examined in relation to attitudes towards a proposed ban on the sponsorship of sporting and cultural events by wine, liquor and beer companies. A one-way analysis of variance (ANOVA) was employed to determine if these findings were statistically significant. Findings which were statistically significant but amounted to differences of less than one drink per drinking occasion were not considered to be substantial enough to indicate meaningful differences in drinking behaviour during leisure. Results from the analysis of the Alberta data suggest that there is no consistent correlation between the amount of alcohol consumed while participating in the eleven specified leisure activities and attitudes towards a proposed ban on the sponsorship of sporting and cultural events by wine, liquor and beer companies (Figure 25 and Tables 35-1 and 35-2). Respondents who felt that government should not prevent the sponsorship of sporting and cultural events by wine, liquor and beer companies consumed more alcohol per occasion at bars or taverns or at parties or social gatherings than those who supported this proposed ban (Figure 25 and Table 35-1). However, although these results were statistically significant, differences in the amount of alcohol consumed per occasion amount to approximately one drink per drinking occasion, and thus indicate rather modest differences in drinking behaviour (Figure 25 and Table 35-1). Nevertheless, in conjunction with previous findings, these results suggest that heavier alcohol consumption at bars and taverns or at parties or social occasions is consistently correlated positively with the perception of harmful effects of alcohol on personal life, and liberal attitudes towards both alcohol use in leisure and the sponsorship of cultural or sporting events by companies involved in the manufacture or sale of alcoholic beverages. Findings indicate that there is no broadly-based support among

Figure 25: Average Amount of Alcohol Consumed During Specified Leisure Activities by Attitudes Towards a Proposed Ban on Sponsorship of Sporting and Cultural Events by Wine, Liquor and Beer Companies, 1989 NADS, Alberta



Albertans for policies or measures which would prohibit companies involved in the sale or manufacture of alcoholic beverages from sponsoring cultural or sporting events (Health and Welfare Canada, 1992). It appears that this matter is generally not perceived as an alcohol-related issue, but as something else entirely (perhaps an economic issue, or one related to individual or economic rights).

Perceived Effectiveness of Specified Alcohol Treatment Programs

The amount of alcohol consumed per occasion during the eleven specified leisure activities was examined in relation to the perceived effectiveness of the following treatment programs: (1) self-help programs such as Alcoholics Anonymous; (2) emergency phone services; (3) community prevention; (4) treatment by social workers or meducal staff. Respondents indicated whether they thought these treatment programs were ineffective, moderately effective or very effective. A one-way analysis of variance (ANOVA) was employed to determine if these results were statistically significant. In addition, results which are statistically significant but amount to differences of less than one drink consumed per occasion were considered to indicate very little difference in drinking behaviour. No consistent relationship was found to exist between the amount of alcohol consumed during the eleven specified leisure activities and the perceived effectiveness of specified alcohol treatment programs (Tables 35-1 and 35-2). However, much of the analysis was constrained by high sampling variability.

Drinking in a very small number of leisure activities was inversely related to perception of the effectiveness of certain treatment programs. All of these results demonstrate a similar pattern: notable differences are evident between respondents who thought treatment programs were highly effective and those who felt they were ineffective, but not between those who thought they were somewhat effective or highly effective. Respondents who felt that self-help programs were ineffective

consumed more alcohol per occasion while visiting someone else's home than those who felt these programs were very effective (Table 35-1). Similarly, respondents who stated that community prevention programs were ineffective consumed more alcohol per occasion at bars or taverns, during outdoor leisure or at parties, social gatherings or weddings than those who stated that these programs were ineffective (Table 35-1). However, much of the analysis was limited by the high sampling variability which prevented many results from being suitable for release. Most of the results indicate very little difference in the amount of alcohol consumed during leisure by current drinkers regardless of their attitudes towards the effectiveness of treatment programs; for, while some differences in the average amount of alcohol consumed during some leisure activities by respondents with different perceptions as to the effectiveness of treatment programs are statistically significant, these differences are consistently within a very small range.

Perceived Incidence of Alcohol-related Community Problems and the Amount of Alcohol Consumed during Leisure

The amount of alcohol consumed while participating in the eleven specified leisure activities was examined by reference to the perception of the levels of incidence of alcohol-related community problems. Respondents indicated whether or not they thought their communities or neighbourhoods had the following problems: (1) drinking and driving; (2) family conflicts related to alcohol use; (3) public fights or disturbances from alcohol use; (4) alcohol-related health problems; (5) problems in the workplace due to alcohol use; and (6) illegal drug use or crimminal activity due to alcohol or drugs. A one-way analysis of variance (ANOVA) was employed to determine if a statistically significant relationship existed between the amount of alcohol consumed during leisure and the perception of these these alcohol-related community problems. Again, differences in drinking behaviour which amounted to

less than one drink consumed per occasion were considered to indicate inconsequential differences in drinking behaviour, regardless of whether or not these differences were statistically significant. Results did not provide any evidence of a significant relationship between these variables: very little difference was found for the average amount of alcohol consumed per occasion during the eleven leisure activities according to perceptions of alcohol-related community problems (Tables 36-1 and 36-2).

These results suggest that the amount of alcohol consumed during leisure activities by current drinkers is largely unaffected by their perceptions of alcohol-related community problems. Only two of the differences between the average number of drinks during leisure activities by the perception of alcohol-related community problems were found to be statistically significant at the .05 level, and these results did not involve a difference of even one drink in the average number consumed during the activity (Tables 36-1 and 36-2). However, this analysis was constrained somewhat by high sampling variability (Table 36-2).

Summary

Although very little attention has been directed towards the attitudinal dimension of the relationships between alcohol consumption and leisure, previous studies have suggested that a strong correlation exists between attitudes and expectancies concerning alcohol use, and those associated with leisure activities and contexts (Carruthers, 1993; Husch, 1991) and that particular attitudes towards alcohol use and leisure are consistently associated with certain populations (Beck & Summons, 1985; Berg & Neulinger, 1976; Fitzgerald & Mulford, 1986; Health and Welfare Canada, 1992; Young & Kronus, 1977). The results of the present study suggest that the relationships between alcohol consumption in leisure situations and attitudes on alcohol use and leisure behaviour are more heterogeneous and

idiosyncratic than has been indicated in previous studies. Although drinking behaviour in some leisure situations was consistently correlated with certain attitudinal measures, considerably variety of drinking behaviour was evident depending on the leisure activity where the drinking occurred, and the nature of the particular attitude which was being investigated. In addition, while sociodemographic characteristics do appear to influence alcohol consumption, leisure behaviour and public attitudes on the two, the nature of the relationships between these variables appears to be more heterogeneous and less deterministic than has been generally indicated in previous research. This suggests that the subjective experiences and individual perceptions associated with leisure may strongly influence the nature of the relationships between alcohol consumption and leisure behaviour.

CHAPTER VII

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary and Conclusion

The results reported here represent a step towards greater understanding of the much neglected relationships between alcohol use and leisure. While this study clearly represents a journey into uncharted waters, the results of the analysis of the Alberta sample of the NADS provide some clear impressions of the nature of the relationships between alcohol use and leisure, and how these relationships might be best explored in the future. There are five principal findings worth brief discussion here.

First, the relationship between alcohol consumption and leisure does not appear to involve a consistent and general pattern, but appears to vary according to the nature of the particular leisure activity or context. Several previous studies have suggested that certain aspects of the relationships between alcohol consumption and leisure behaviour vary according to the populations that engage in different leisure activities, and that the relationships between alcohol use and leisure behaviour are context and activity specific (Beck & Summons, 1985; Carruthers, 1993; Clark, 1985; Cosper, Okraku & Neumann; 1985; Dull, 1992; Husch, 1991; Simpura, 1985; Young & Kronus, 1977). However, these studies have typically examined a very limited range of issues associated with the relationships between alcohol use and leisure, and have generally been based on small or non-random samples. The present study suggests that the relationships between alcohol use and leisure behaviour are more complex and less consistent than has been indicated in previous studies. In general, results suggest that the relationship between alcohol use and leisure is not a simple, consistent and direct pattern, but involves a complex interaction between both sociodemographic characteristics and the nature and context of different leisure

involvements. The nature of this relationship differed, depending on whether the frequency of alcohol consumption or the amount of alcohol consumed per occasion was examined. In addition, different relationships were found to occur between participation in leisure activities and general patterns of alcohol use than those which were exclusive to certain leisure activities or contexts. For example, while the overall frequency of drinking in the year preceding the survey was related positively to frequent participation in sports activities such as skiing, softball or golf, no statistically significant differences were evident in the amount of alcohol consumed per drinking occasion in the previous year according to the frequency of participation in these activities (Tables 20 and 23). In addition, while the frequency of having been to a bar or tavern was correlated positively to the overall frequency of drinking in the year preceding the survey, it was not related positively to the frequency of drinking while having been at a bar or tavern (Tables 19 and 25). This suggests that the relationships between alcohol consumption and leisure behaviour are far more idiosyncratic and heterogeneous than has generally been suggested in previous studies.

Second, consistent patterns do appear to exist in relation to certain types or classes of leisure activities or involvements. For example, in general, the frequency of having been to bars or taverns and having attended parties, social gatherings or weddings was consistently and positively related to alcohol consumption, regardless of whether the frequency or amount of alcohol consumed per occasion were being examined, or the general patterns of alcohol use or those exclusive to these leisure activities were being investigated (Tables 19, 21, 22, 24, 25, 27, 28 and 30). However, these consistent patterns were clearly the exception rather than the rule. The specific aspects of certain leisure activities which involve similar patterns of alcohol consumption by participants remains to be explored in future research.

However, there is some evidence that the specific sociodemographic

characteristics of participants play a very important role in determining patterns of alcohol use, which is consistent with the findings of a number of previous studies (Alexander & Duff, 1988; Beck & Summons, 1985; Carruthers, 1993; Cosper, Okraku & Neumann, 1985; Dull, 1992; Gofton, 1983; Husch, 1991; Health & Welfare Canada, 1992; Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Simpura, 1985; Smith 1983, 1985; Willis, 1990; Young & Kronus, 1977). Participation in leisure activities that included a high proportion of single young male participants were more likely to demonstrate positive relationships with alcohol consumption, and drinking during these leisure activities was associated with consistent attitudes about appropriate levels of alcohol consumption in leisure-oriented situations and perceptions of the harmful effects of alcohol use. For example, the frequency of going to a bar or tavern and attending parties or social activities were consistently associated positively with alcohol consumption, while the amount of alcohol consumed per occasion during in these leisure activities was associated with higher incidence of harmful effects of alcohol use and liberal attitudes on alcohol use in leisure situations and sponsorship of sporting or cultural events by companies who produce or sell alcoholic beverages. Having visited a bar or tavern was more likely to include a high proportion of single young males, while having frequently participated in parties or social gatherings was associated with single young persons.

However, not all leisure activities associated with some or all of these sociodemographic characteristics demonstrated similar or consistent relationships between alcohol consumption and leisure behaviour. For example, although the frequently having gone to a restaurant in the evening was associated with young persons, frequency of participation in this leisure activity was not positively correlated with alcohol consumption (Figure 1 and Tables 19, 22, 25 and 28). In addition, although participation in outdoor leisure activities such as being at a cottage,

camping or boating was associated with young people and frequent participation was associated with males, frequency of participation in outdoor leisure activities was not consistently correlated positively with alcohol consumption (Figure 1 and Tables 20, 23, 26 and 29). These findings suggest that although the characteristics of certain populations who engage in particular leisure activities has a significant influence on both general patterns of alcohol consumption and drinking behaviour during leisure, this relationship appears to be less consistent in relation to all leisure involvements and the level of participation in these leisure activities than has been suggested in previous studies (Ames & Janes, 1987; Beck & Summons, 1985; Fitzgerald & Mulford, 1986; Perdue & Rainwater, 1984; Young & Kronus, 1977). Rather, the relationships between alcohol consumption and leisure behaviour appears to involve a highly complex interaction between sociodemographic characteristics, the nature of the particular involvement or context, and individual attitudes and perceptions about alcohol consumption and leisure.

Third, attitudes towards alcohol use and leisure behaviour appear to be more complex and heterogeneous than has been generally indicated in previous studies. Results suggest that attitudes towards alcohol use and leisure behaviour were also activity and context specific, and the relationships between alcohol consumption during leisure and attitudinal measures varied considerably depending on the attitudinal variable which was being examined. While the attitudinal dimensions of the relationships between alcohol use and leisure behaviour have been largely unexplored, some previous research has suggested that a direct relationship may exist between attitudes towards leisure and attitudes towards alcohol use (Carruthers, 1993; Husch, 1991). Results of the present study suggest that the theoretical connections between attitudes towards leisure and about alcohol consumption are more complex than has been suggested in the literature, and that attitudes, like actual drinking behaviour, vary considerably depending on the nature of particular leisure activities or

contexts. For example, similar but not identical relationships were found to exist between the amount of alcohol consumed per occasion during the eleven leisure activities, and both the perceived acceptable quantity of alcohol consumption in eight leisure-oriented situations, and the perceived harmful effects of alcohol use (Figures 11 to 24, and Tables 33-1, 33-2, 33-3, 33-4, 34-1 and 34-2). In contrast, very different relationships were found to occur between alcohol consumption during leisure and both the perceived effectiveness of alcohol treatment programs, and the perceived incidence of alcohol-related community problems (Tables 35-1, 35-2, 36-1 and 36-2).

While the present study only examined a limited range of attitudes associated with alcohol use and leisure, these findings suggest that individual perceptions associated with leisure are more important to the relationships between alcohol and leisure behaviour than has been indicated by previous studies. The five leisure activities which demonstrated a positive relationship between alcohol consumption in these activities, and both liberal attitudes towards alcohol consumption in eight leisure-oriented situations, and the perceived harmful effects of alcohol use were generally less structured than other leisure involvements (Figures 11 to 24, and Tables 33-1, 33-2, 34-1 and 34-2). These leisure situations were also decidedly social in nature. In addition, drinking in more publicly-oriented leisure activities (bar and tavern, outdoor leisure and social gatherings) was more strongly correlated with these attitudinal measures than was drinking in private leisure contexts (visiting someone else's home and having friends or relatives visit your own home) (Figures 11 to 24, and Tables 33-1, 33-2, 34-1 and 34-2). These findings suggest that the attitudinal dimension of leisure may be more important to the relationships between alcohol use and leisure than has been suggested in previous research. Leisure research has identified the importance of individual perceptions concerning the relative freedom from formal work-oriented social relations and structures to the experience of leisure

(Csikszentmihalyi, 1993; Kelly, 1987). Results indicate that how individuals perceive unstructured leisure involvements, public and private leisure contexts, and the social dimension of leisure may influence whether or not individuals experience alcohol-related problems. This suggests that differences in individual attitudes and perceptions associated with leisure may play a greater role in determining whether the relationships between alcohol use and leisure behaviour are harmful, benign or beneficial, than differences associated with particular leisure activities or contexts.

These results suggest that individual perceptions and subjective aspects of leisure experiences influence the relationships between alcohol use and leisure behaviour to a greater extent than has been indicated in previous research. Results of the analysis of the relationships between various attitudinal measures and alcohol consumption suggest that future research into the relationship between alcohol consumption and leisure should devote more attention to the attitudinal dimensions in order that attitudes towards alcohol and attitudes towards leisure itself may be examined by reference to actual levels of alcohol consumption.

Fourth, the results of the study suggest that differences in drinking behaviour according to sociodemographic characteristics, participation in leisure activities and various attitudinal measures are less dramatic than has been indicated in a number of previous studies. The present study examined the relationship between alcohol use and leisure behaviour among a large random sample of Albertans. These results were also weighted to account for both under and over representation resulting from the survey design (Health and Welfare Canada, 1992). While statistically significant differences in patterns of alcohol use were found to occur according to both the frequency of participation in leisure activities and attitudinal measures, differences in drinking behaviour were generally rather modest in nature compared to those reported in previous studies. A number of previous studies have combined categorical (frequency of drinking) and continuous (amount of drinks per occasion) data on

alcohol use, using a number of different and arbitrary methods, to produce estimates of overall drinking within leisure contexts (Carruthers, 1993; Clark, 1985; Health and Welfare Canada, 1992; Parker, 1981; Perdue & Rainwater, 1984; Simpura, 1985; Young & Kronus, 1977). These estimates have subsequently been employed in the analysis of the relationships between alcohol use and leisure in these studies. This procedure was not employed in the present study, because it utilizes highly subjective weighting factors, and is not, therefore, representative of actual drinking behaviour during leisure. Results of the present study suggest that the various methods used to create estimates of overall alcohol use in leisure which have been employed in previous studies may greatly exaggerate differences in drinking behaviour during leisure, and obscure important differences between the frequency of alcohol consumption and the amount of alcohol consumed per occasion. Results of this study suggest that while important differences do exist in drinking behaviour according to participation in leisure activities and attitudes towards alcohol use and leisure behaviour, these differences appear to be more subtle than has generally been suggested by previous studies.

Finally, the identification of leisure activities or contexts in which alcohol consumption is high, the identification of sociodemographic characteristics of leisure participants who consume high quantities of alcohol while participating, and the determination of specific attitudes associated with high levels of alcohol consumption have important policy implications. This and other studies of the relationships between alcohol consumption and leisure suggest that policies on alcohol consumption in leisure situations should give greater attention to the context and activity specific nature of the relationship between these two variables (Beck & Summons, 1985; Beke & Kleimand, 1993; Beke & Kromhout, 1993; Carruthers, 1993; Cosper, Okraku, & Neumann, 1985; Simpura, 1985; Husch, 1991). In particular, the results of this study suggest that it is important to identify those

contexts, attitudes and sociodemographic characteristics which are associated with either a harmful or a benign relationship between alcohol consumption and leisure. They also suggest question assumptions about the consistency of the drinking behaviour of certain populations, such as single young males, in all leisure activities, and the consistency of this drinking behaviour during leisure contexts with attitudes about alcohol use and leisure. For example, sociodemographic characteristics and frequent participation in the eleven leisure activities were found to be limited as predictors of the average amount of alcohol consumed per occasion in the year preceding the survey: the total amount of variance accounted for by these variables was very modest (Tables 31 and 32). This suggests that assumptions on the consistency of drinking behaviour in leisure activities and contexts associated with particular populations should be interpreted cautiously by researchers, practitioners and policy-makers alike, and that policies concerning alcohol use in leisure activities and contexts should direct more attention towards individual differences in behaviours, attitudes and lifestyles.

The results of this study suggest that previous research on the relationship between alcohol use and leisure has been unduly influenced by the disease concepts and population consumption models of alcohol use (Ashley & Rankin, 1988). The prevalence of these theoretical frameworks appears to have resulted in overly pessimistic and homogeneous conceptions about the relationships between alcohol use and leisure. The results of this study suggest that findings in relation to populations of persons suffering from alcoholism or other alcohol-related problems cannot be generalized to the wider population. Although certain leisure activities were more strongly associated with higher levels of alcohol consumption and stronger perceptions of the harmful effects of alcohol use, the study provided no evidence of a direct relationship between participation in leisure and problem drinking. In fact, the population of heavy drinkers (those who consumed five or more drinks at one sitting

on at least twelve occasions in the year preceding the survey) among the Alberta sample was so small that no statistical tests could be conducted on this population (Burton et al., 1993).

Results also suggest that although sociodemographic characteristics clearly play a role in the relationships between alcohol consumption and the frequency of participation in leisure activities, the behaviour attributed to certain populations appears to be considerably more heterogeneous than has generally been indicated in previous studies and through policies on the use and abuse of alcohol in leisure activities and contexts (Alexander & Duff, 1988; Beck & Summons, 1985; Beke & Kleimand, 1993; Fitzgerald & Mulford, 1986; Perdue & Rainwater, 1984; Shick Tryon, 1992; Young & Kronus, 1977). In addition, attitudes towards alcohol use in leisure appear to be less consistent than has been suggested by previous studies (Berg & Neulinger, 1974; Carruthers, 1993; Husch, 1991). The findings of this study question the extent to which consistent relationships between alcohol use and leisure behaviour may be attributed to certain populations and leisure activities or contexts. In general, sociodemographic characteristics appear to be more strongly associated with overall patterns of alcohol use than those which are exclusively associated with particular leisure activities. The results of this study suggest that policies on the use and abuse of alcohol in leisure activities and contests must recognize the context and activity specific nature of the relationship between alcohol use and leisure behaviour. This indicates a need to better articulate the nature of leisure activities, patterns of alcohol use and attitudes which are associated with either a harmful or non-harmful relationship between alcohol use and leisure behaviour, and also address individual differences in behaviours, attitudes and lifestyles. In particular, results suggest that policy-makers and practitioners should direct more attention towards individual perceptions associated with leisure and leisure experiences, than differences based exclusively upon particular types of leisure activities or contexts. It is important that

policy-makers and practitioners do not assume particular populations and individuals will demonstrate consistent attitudes, behaviours and opinions concerning alcohol consumption and leisure, and avoid rigid stereotypes associated with both particular populations and specific leisure activities and contexts (Burton & Kassian, 1994). For example, while outdoor leisure may represent an opportunity for self-actualization or optimal experience for some individuals, it may be associated with an inability to cope with social relationships or unstructured time, and increased propensity to drink excessively for other persons (Csikszentmihalyi, 1990). A better understanding of these factors will provide a means of allocating resources more effectively than heretofore, and may help to avoid the allocation of resources to those areas where they are not needed or where they will not reach the intended populations.

Recommendations

In light of the previous discussion, several recommendations for future research on the relationship between alcohol consumption and leisure behaviour are offered.

(1) *Greater attention should be directed by researchers to the activity and context nature of the relationships between alcohol use and leisure behaviour*. The results of this study suggest that the relationship between alcohol consumption and leisure is highly idiosyncratic: consistent patterns appear to exist between participation in some leisure activities and patterns of alcohol use, while other leisure activities or contexts appear to be differently related to the frequency of alcohol consumption or the amount of alcohol consumed per occasion, and with both of these measures depending on whether they occur exclusively while participating in these specific activities or not. For example, although previous studies have suggested a direct relationship may exist between sociodemographic characteristics, participation in

outdoor leisure activities and alcohol consumption (Sessoms & Oakley, 1969; Young & Kronus, 1977), the results of the present study suggest the nature of the relationships between these variables is more complex. Firstly, the nature of the populations who engaged in outdoor leisure activities such as being a cottage, camping or boating was found to vary according to the level of participation (Figure 1). Secondly, a positive relationship was found to occur between the frequency of participation in outdoor leisure activities and the amount of alcohol consumed per occasion during outdoor leisure activities, but not with other measures of alcohol consumption (Tables 20, 23, 26 and 29). This study has provided some preliminary data on relationships between patterns of alcohol use and general categories of leisure activities which have been associated with alcohol use in previous studies (Clark, 1985; Health and Welfare Canada, 1992; Sessoms & Oakley, 1969; Simpura, 1985; Young & Kronus, 1977). As such, these results provide the basis for additional quantitative and qualitative studies which should be directed towards better articulating and exploring the nature of these differences both within and between these different categories of leisure behaviour, and other aspects of leisure behaviour which were beyond the scope of this study.

(2) *More attention should be directed towards the attitudinal dimension of the relationships between alcohol consumption and leisure behaviour in future studies.* Recent exploratory studies have proposed that there may be a significant relationship between attitudes towards alcohol consumption and attitudes towards leisure experiences and situations (Carruthers, 1993; Husch, 1991). However, these studies have not explored this hypothesis empirically, using a large random sample. The findings of this study generally support this contention, although they caution that attitudes towards alcohol use, whether or not they are exclusively associated with leisure, appear to be more complex and heterogeneous than has been indicated within

previous studies. There is clearly a need to explore further the attitudinal dimension of the relationships between alcohol use and leisure, in order to better understand the role of beliefs and values in what appears to be a very complex interrelationship of factors.

(3) *Theories on the relationships between alcohol use and leisure behaviour require further refinement and empirical testing*. Most studies on the relationship between alcohol use and leisure behaviour have proceeded with little awareness of theoretical frameworks that have been prevalent in both studies of alcohol use and abuse, and in the field of leisure studies. This is evidenced by the overwhelming dominance of studies based upon the disease and populations consumption models of alcohol use, identified by Ashley & Rankin (1988) (Alexander & Duff, 1988; Berg & Neulinger, 1976; Carruthers & Deyell Hood, 1992; Dull, 1992; Hayes & Swisher, 1991; Hitzhusen, 1973; Hood, 1991; McCormick, 1991; Orford & Keddie, 1985; Perdue & Rainwater, 1984; Rahkonen & Ahlström, 1989; Shick Tryon, 1992; Smolensky et al., 1980; Stoffel et al., 1992). In addition, theories on the relationships between alcohol use and leisure have generally been based on connections that exist in the literature that have not been subject to extensive empirically testing or replication (Carruthers, 1993; Husch, 1991). In addition, the vast majority of studies have utilized small, non-random samples which cannot be generalized to wider populations (Alexander & Duff, 1988; Ames & Janes, 1987; Beck & Summons, 1985; Berg & Neulinger, 1976; Carruthers, 1993; Dunn, Glascoff & Knight, 1993; Pendorf, 1992; Perdue & Rainwater, 1984; Sessoms & Oakley, 1969; Stoffel et al., 1992; Young & Kronus, 1977; Smith 1983, 1985; Smolensky et al., 1980; Willis, 1990). The results of this study question some of the assumptions that underlie previous research on alcohol use and abuse, as well as studies of the relationships between alcohol use and leisure. Specifically, these relationships appears to be more complex and less consistent than

has been suggested in many previous studies. Further empirical research is required to develop the preliminary theories that have been proposed on the nature of these relationships. These studies should make efforts to integrate, refine and empirically test theoretical frameworks on alcohol use and abuse, leisure behaviour, and the relationships between the two. In particular, researchers should direct more attention to the experiential dimension of leisure, which has not been adequately addressed in previous studies.

(4) *Attention should be directed towards the development of better and more accurate measures of alcohol consumption in a variety of contexts and settings, including leisure*. This study examined the relationships between participation in eleven leisure activities according to the frequency of drinking and the amount of alcohol consumed per occasion. In addition, general patterns of alcohol use and those specific to the eleven leisure activities were both explored. Different relationships were found to exist depending on which measure of alcohol consumption was examined. Some previous studies have explored differences associated with both the frequency of drinking and the amount of alcohol consumed per occasion, but these studies have been based on small or non-random samples. For example, Carruthers (1993) found that persons in younger age groups were associated with the amount of alcohol consumed per drinking occasion in leisure situations, while the frequency of alcohol consumption per month was associated with older drinkers. However, this study used a small sub-sample, consisting of only 14% of respondents from the original randomly-selected sample, and therefore cannot be considered representative of wider populations (Carruthers, 1993). While utilizing separate measures for the frequency of alcohol consumption and the amount of alcohol consumed per occasion during different leisure activities allows these two different patterns of behaviour to be compared and contrasted, it presents a limited picture of overall alcohol use. This

problem is further compounded by the fact that previous studies have combined categorical and continuous measures of alcohol consumption in order to estimate overall levels of alcohol consumption using rather arbitrary formulas and scales, and these methods have not been applied in a consistent manner across a number of studies (Carruthers, 1993; Health and Welfare Canada, 1992; Parker, 1981; Perdue & Rainwater, 1984; Simpura, 1985; Young & Kronus, 1977). The results of this study suggest that these methods greatly exaggerate differences in drinking behaviour. In order to address this problem, it will be important to develop methods of quantifying alcohol consumption which are able to combine both categorical and continuous measures of consumption as well as examine these measures individually, in order to obtain a more accurate impression of the actual amount of alcohol consumption which is occurring during leisure situations, and to also examine different aspects of drinking behaviour in different leisure situations. One possible method which could be employed to provide a more accurate impression of actual drinking behaviour is the experience sampling method or ESM (Csikszentmihalyi 1990, 1993).

(5) *There is a need for longitudinal studies of the relationships between alcohol consumption and leisure behaviour, to assess the consistency of these results and those of other studies over time.* Previous studies have generally not examined these relationships over a period of more than one year (Carruthers, 1993; Fitzgerald & Mulford, 1986; Health & Welfare Canada, 1993; Simpura, 1985; Young & Kronus, 1977). There is a need to examine aspects of the relationships between alcohol use and leisure over longer periods of time, to better address the dynamic nature of these relationships. This study provides a basis for such research, as the results of the present study may be compared and contrasted with those based on future versions of the NADS. There is a need to incorporate longitudinal analysis into the survey designs or other research instruments and methodologies of future research, in order

that more meaningful comparisons may be made between previous, present and future explorations of what appears to be a very complex and multifaceted area of inquiry.

Table 1: Frequency of Participation in Seven Social Leisure Activities by Gender, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Gender: Male (%)	Female (%)
Quiet Evening at Home:		
Never		
Few Times a Year		
Frequently	99.5	99.7
Visited Someone Else's Home:		
Never	#4.2	
Few Times a Year	18.1	18.4
Frequently	77.7	79.6
Friends or Relatives Visit Your Home		
Never		
Few Times a Year	21.8	17.7
Frequently	76.1	81.1
Went to Restaurant in Evening		
Never	7.6	7.3
Few Times a Year	28.3	30.5
Frequently	64.1	62.3
*Went to Restaurant For Lunch		
Never	35.3	27.7
Few Times a Year	20.1	26.3
Frequently	44.5	46.0
**Went to Bar or Tavern:		
Never	38.7	53.9
Few Times a Year	24.3	25.5
Frequently	37.0	20.7
Go To a Club or Meeting:		
Never	50.7	48.9
Few Times a Year	19.0	19.6
Frequently	30.3	31.5

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 2: Frequency of Participation in Two Seasonal Leisure Activities by Gender, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Gender: Male (%)	Female (%)
*Leisure Activities such as being at a Cottage, Camping or Boating:		
Never	25.3	28.5
Few Times Per Year	54.7	58.0
Frequently	20.0	13.6
**Sports Activities Such as Skiing, Softball or Golf:		
Never	30.5	37.8
Few Times Per Year	17.9	27.8
Frequently	51.6	34.4

* chi square $p < .05$
** chi square $p < .01$

Table 3: Frequency of Participation in Two Kinds of Special Leisure Occasions by Gender, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Gender: Male (%)	Female (%)
Attend a Party, Social Gathering or Wedding:		
Never	#6.0	#5.6
Few Times Per Year	70.7	77.0
Frequently	23.3	17.4
Go to a Concert, Sports Event or Festival:		
Never	24.7	27.3
Few Times Per Year	57.3	60.2
Frequently	18.0	12.5

*chi square $p < .05$

NOTES:
results should be interpreted cautionsly due to high sampling variability

Table 4: Frequency of Participation in Seven Social Leisure Activities by Age, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Age: 15-24 (%)	25-39 (%)	40-54 (%)	55+ (%)
Quiet Evening at Home:				
Never				
Few Times a Year				
Frequently	99.1	99.6	100.0	100.0
**Visited Someone Else's Home:				
Never				
Few Times a Year	#10.3	17.8	26.9	#18.7
Frequently	84.7	80.5	69.1	78.2
Friends or Relatives Visit Your Home				
Never				
Few Times a Year	17.9	21.6	19.6	#18.7
Frequently	79.7	77.1	78.4	80.2
**Went to Restaurant in Evening				
Never		#6.0	#8.3	#13.0
Few Times a Year	24.8	28.8	27.4	39.1
Frequently	69.9	65.2	64.3	47.9
**Went to Restaurant For Lunch				
Never	36.0	33.2	22.6	34.8
Few Times a Year	19.4	21.1	27.3	26.9
Frequently	44.6	45.7	50.1	38.3
**Went to Bar or Tavern:				
Never	19.1	39.1	56.5	84.9
Few Times a Year	20.0	31.1	27.7	#11.6
Frequently	60.9	29.8	15.8	
*Go To a Club or Meeting:				
Never	60.0	49.0	42.1	48.3
Few Times a Year	#12.9	22.9	20.1	#17.9
Frequently	27.0	28.1	37.8	33.8

*chi square $p < .05$
**chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 5: Frequency of Participation in Two Seasonal Leisure Activities by Age, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Age: 15-24 (%)	25-39 (%)	40-54 (%)	55+ (%)
**Leisure Activities such as being at a Cottage, Camping or Boating:				
Never	22.4	21.7	31.1	39.5
Few Times Per Year	62.6	60.9	49.4	45.0
Frequently	15.0	17.4	19.5	15.5
**Sports Activities Such as Skiing, Softball or Golf:				
Never	19.6	26.4	40.7	63.8
Few Times Per Year	26.3	24.6	23.4	#11.0
Frequently	54.1	49.0	35.9	25.2

**chi square $p < .01$

NOTES:
results should be interpreted cautionsly due to high sampling variability

Table 6: Frequency of Participation in Two Kinds of Special Leisure Occasions by Age, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Age: 15-24 (%)	25-39 (%)	40-54 (%)	55+ (%)
**Attend a Party, Social Gathering or Wedding:				
Never		#3.8	#7.8	#12.5
Few Times Per Year	59.0	77.7	76.7	79.4
Frequently	38.3	18.5	15.5	
**Go to a Concert, Sports Event or Festival:				
Never	21.9	23.7	22.4	41.7
Few Times Per Year	56.4	59.6	66.7	48.5
Frequently	21.7	16.7	#10.9	#9.8

**chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 7: Frequency of Participation in Seven Social Leisure Activities by Level of Education, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Education: Secondary or Less (%)	Education: Some Post-Secondary or More (%)
Quiet Evening at Home:		
Never		
Few Times a Year		
Frequently	99.3	100.0
**Visited Someone Else's Home:		
Never	#4.9	
Few Times a Year	19.1	17.2
Frequently	76.0	81.8
Friends or Relatives Visit Your Home		
Never		
Few Times a Year	19.9	19.7
Frequently	77.9	79.4
**Went to Restaurant in Evening		
Never	11.2	
Few Times a Year	27.8	31.0
Frequently	61.0	66.2
Went to Restaurant For Lunch		
Never	34.6	28.3
Few Times a Year	23.4	22.6
Frequently	42.0	49.1
Went to Bar or Tavern:		
Never	45.7	46.0
Few Times a Year	23.3	26.7
Frequently	31.0	27.3
**Go To a Club or Meeting:		
Never	59.7	37.4
Few Times a Year	16.5	22.8
Frequently	23.7	39.8

** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 8: Frequency of Participation in Two Seasonal Leisure Activities by Level of Education, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Education: Secondary or Less (%)	Education: Some Post-Secondary or More (%)
Leisure Activities such as being at a Cottage, Camping or Boating:		
Never	28.4	24.5
Few Times Per Year	56.4	56.1
Frequently	15.2	19.3
**Sports Activities Such as Skiing, Softball or Golf:		
Never	42.8	23.0
Few Times Per Year	21.1	24.4
Frequently	36.1	52.6

** chi square $p < .01$

Table 9: Frequency of Participation in Two Kinds of Special Leisure Occasions by Level of Education, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Education: Secondary or Less (%)	Education: Some Post-Secondary or More (%)
**Attend a Party, Social Gathering or Wedding:		
Never	8.1	#3.0
Few Times Per Year	73.3	74.0
Frequently	18.6	23.0
**Go to a Concert, Sports Event or Festival:		
Never	34.0	15.6
Few Times Per Year	53.4	65.4
Frequently	12.6	19.0

**chi square $p < .01$

NOTES:
results should be interpreted cautionsly due to high sampling variability

Table 10: Frequency of Participation in Seven Social Leisure Activities by Occupation, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Occupation: Manager/ Prof. (%)	Other White Collar (%)	Blue Collar (%)	Not in Labour Fource (%)
Quiet Evening at Home:				
Never				
Few Times a Year				
Frequently	100.0	98.3	100.0	100.0
Visited Someone Else's Home:				
Never				
Few Times a Year	22.5	15.5	20.7	15.5
Frequently	75.5	82.9	73.5	81.2
*Friends or Relatives Visit Your Home				
Never				
Few Times a Year	18.8	27.0	23.9	13.4
Frequently	79.2	72.1	74.5	84.6
**Went to Restaurant in Evening				
Never			#9.4	10.9
Few Times a Year	30.1	24.9	26.6	33.3
Frequently	66.8	69.8	64.0	55.8
**Went to Restaurant For Lunch				
Never	23.9	19.8	39.2	40.9
Few Times a Year	21.3	22.2	20.9	26.0
Frequently	54.9	58.1	39.9	33.1
**Went to Bar or Tavern:				
Never	45.4	36.5	32.1	62.2
Few Times a Year	29.8	24.4	28.1	18.7
Frequently	24.8	39.1	39.8	19.1
**Go To a Club or Meeting:				
Never	38.4	54.7	55.5	51.5
Few Times a Year	19.0	20.2	25.0	15.3
Frequently	42.6	25.0	19.5	33.2

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 11: Frequency of Participation in Two Seasonal Leisure Activities by Occupation, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Occupation: Manager/ Prof. (%)	Other White Collar (%)	Blue Collar (%)	Not in Labour Fource (%)
Leisure Activities such as being at a Cottage, Camping or Boating:				
Never	22.0	28.7	27.8	27.7
Few Times Per Year	57.8	57.4	55.0	55.5
Frequently	20.2	#13.9	17.2	16.9
**Sports Activities Such as Skiing, Softball or Golf:				
Never	21.2	38.9	33.3	40.3
Few Times Per Year	24.7	26.1	19.4	20.8
Frequently	54.1	35.0	47.3	38.9

**chi square $p < .01$

NOTES:
results should be interpreted cautionsly due to high sampling variability

Table 12: Frequency of Participation in Two Kinds of Special Leisure Occasions by Occupation, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Occupation: Manager/ Prof. (%)	Other White Collar (%)	Blue Collar (%)	Not in Labour Fource (%)
Attend a Party, Social Gathering or Wedding:				
Never			#8.5	#7.5
Few Times Per Year	73.3	77.0	73.0	71.7
Frequently	23.0	19.8	18.5	20.8
**Go to a Concert, Sports Event or Festival:				
Never	15.7	25.1	31.4	30.7
Few Times Per Year	61.9	62.5	59.5	52.7
Frequently	22.4	#12.4	#9.0	16.5

**chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 13: Frequency of Participation in Seven Social Leisure Activities by Level of Income, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Income: Less Than $20,000 (%)	$20,000 - 39,999 (%)	$40,000 or More (%)
Quiet Evening at Home:			
Never			
Few Times a Year			
Frequently	99.2	99.8	99.6
Visited Someone Else's Home:			
Never			
Few Times a Year	#13.2	21.9	18.6
Frequently	81.4	75.0	79.3
Friends or Relatives Visit Your Home			
Never			
Few Times a Year		19.4	21.9
Frequently	81.6	78.3	77.7
**Went to Restaurant in Evening			
Never	#13.7	#7.8	#3.1
Few Times a Year	30.6	31.5	27.7
Frequently	55.7	60.7	69.2
**Went to Restaurant For Lunch			
Never	37.5	34.1	25.8
Few Times a Year	24.5	23.7	21.0
Frequently	38.0	42.2	53.2
Went to Bar or Tavern:			
Never	41.3	44.2	46.1
Few Times a Year	25.4	25.5	26.4
Frequently	33.3	30.3	27.5
**Go To a Club or Meeting:			
Never	59.3	52.4	42.2
Few Times a Year	#13.0	21.1	21.8
Frequently	27.8	26.5	36.0

** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 14: Frequency of Participation in Two Seasonal Leisure Activities by Level of Income, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Income: Less Than $20,000 (%)	$20,000 - 39,999 (%)	$40,000 or More (%)
**Leisure Activities such as being at a Cottage, Camping or Boating:			
Never	38.7	24.7	23.2
Few Times Per Year	47.6	59.0	58.4
Frequently	#13.7	16.3	18.4
**Sports Activities Such as Skiing, Softball or Golf:			
Never	51.3	37.4	24.4
Few Times Per Year	#15.8	21.5	27.0
Frequently	32.9	41.1	48.7

** chi square $p < .01$

NOTES:
results should be interpreted cautionsly due to high sampling variability

Table 15: Frequency of Participation in Two Kinds of Special Leisure Occasions by Level of Income, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Income: Less Than $20,000 (%)	$20,000 - 39,999 (%)	$40,000 or More (%)
*Attend a Party, Social Gathering or Wedding:			
Never	#9.2	#6.5	#3.4
Few Times Per Year	75.2	76.0	73.5
Frequently	#15.5	17.5	23.1
**Go to a Concert, Sports Event or Festival:			
Never	40.7	29.0	17.8
Few Times Per Year	47.3	62.2	62.0
Frequently	#12.0	#8.8	20.1

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 16: Frequency of Participation in Seven Social Leisure Activities by Marital Status, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Marital Status: Married (%)	Previously Married (%)	Single (%)
Quiet Evening at Home:			
Never			
Few Times a Year			
Frequently	100.0	100.0	98.8
**Visited Someone Else's Home:			
Never			#4.5
Few Times a Year	23.0	#13.4	#10.9
Frequently	75.4	79.6	84.6
*Friends or Relatives Visit Your Home			
Never			
Few Times a Year	20.5	#16.7	19.9
Frequently	79.0	79.9	76.9
**Went to Restaurant in Evening			
Never	5.6	#17.3	#7.5
Few Times a Year	34.1	#20.5	23.0
Frequently	60.2	62.2	69.5
Went to Restaurant For Lunch			
Never	29.9	#27.5	37.0
Few Times a Year	25.7	#20.8	18.6
Frequently	44.4	51.7	44.4
**Went to Bar or Tavern:			
Never	58.8	41.7	22.0
Few Times a Year	27.2	#28.2	19.0
Frequently	14.0	#30.1	59.0
**Go To a Club or Meeting:			
Never	45.8	44.8	59.6
Few Times a Year	21.8	#17.7	15.0
Frequently	32.4	37.5	25.4

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 17: Frequency of Participation in Two Seasonal Leisure Activities by Marital Status, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Marital Status: Married (%)	Previously Married (%)	Single (%)
*Leisure Activities such as being at a Cottage, Camping or Boating:			
Never	25.6	40.3	24.2
Few Times Per Year	56.8	49.4	57.5
Frequently	17.6		18.3
**Sports Activities Such as Skiing, Softball or Golf:			
Never	37.2	50.2	21.8
Few Times Per Year	23.6	#11.8	24.3
Frequently	39.2	37.9	53.9

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 18: Frequency of Participation in Two Kinds of Special Leisure Occasions By Marital Status, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Marital Status: Married (%)	Previously Married (%)	Single (%)
**Attend a Party, Social Gathering or Wedding:			
Never	5.5		
Few Times Per Year	81.0	72.0	59.9
Frequently	13.6	#16.4	35.6
**Go to a Concert, Sports Event or Festival:			
Never	27.9		22.0
Few Times Per Year	58.5	65.1	56.5
Frequently	13.5		21.5

** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 19: Frequency of Alcohol Consumption in the Year Preceding the Survey by Frequency of Annual Participation in Seven Social Leisure Pursuits, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Total Population Estimate:	Frequency of Drinking in the Year Preceding the Survey: Infrequently (%)	Once per Week (%)	Two or More Times Per Week (%)
Quiet Evening at Home:				
Never	0			
Few Times a Year	5587			
Frequently	1485796	48.4	20.2	31.4
Visited Someone Else's Home:				
Never	46561			
Few Times a Year	272133	56.0	18.2	25.9
Frequently	1171144	46.7	20.6	32.7
Friends or Relatives Visit Your Home:				
Never	24682			
Few Times a Year	296174	54.5	#15.2	30.3
Frequently	1168313	46.0	21.8	32.2
Go to Restaurant in Evening:				
Never	111124	53.4	#15.5	#31.1
Few Times a Year	437104	53.1	17.9	29.0
Frequently	943155	45.3	22.1	32.6
Go to Restaurant For Lunch:				
Never	473552	50.0	20.4	29.6
Few Times a Year	343012	53.8	21.5	24.7
Frequently	673348	43.9	19.8	36.3
**Went to Bar or Tavern:				
Never	679380	58.5	17.8	23.7
Few Times a Year	368553	57.7	21.8	20.5
Frequently	436308	23.7	23.5	52.8
Go To a Club or Meeting:				
Never	742539	48.7	19.6	31.7
Few Times a Year	287411	45.4	20.7	33.8
Frequently	459543	49.2	21.4	29.4

** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 20: Frequency of Alcohol Consumption in the Year Preceding the Survey by Frequency of Annual Participation in Two Seasonal Leisure Activities, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Total Population Estimate:	Frequency of Drinking in the Year Preceding the Survey: Infrequently (%)	Once per Week (%)	Two or More Times Per Week (%)
Leisure Activities such as being at a Cottage, Camping or Boating:				
Never	399266	49.8	19.2	31.0
Few Times Per Year	838454	48.5	20.0	31.5
Frequently	253663	44.7	23.2	32.1
**Sports Activities Such as Skiing, Softball or Golf:				
Never	504362	55.3	17.7	27.0
Few Times Per Year	334946	50.8	21.2	28.0
Frequently	646667	41.3	22.1	36.6

** chi square $p < .01$

Table 21: Frequency of Alcohol Consumption in the Year Preceding the Survey by Frequency of Annual Participation in Two Kinds Of Special Leisure Occasions, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Total Population Estimate:	Frequency of Drinking in the Year Preceding the Survey: Infrequently (%)	Once per Week (%)	Two or More Times Per Week (%)
**Attend a Party, Social Gathering or Wedding:				
Never	86888	64.3		#30.4
Few Times Per Year	1096666	51.0	21.2	27.7
Frequently	305234	33.4	21.2	45.4
Go to a Concert, Sports Event or Festival:				
Never	386190	52.8	17.5	29.7
Few Times Per Year	229583	48.0	21.7	30.3
Frequently	873035	41.4	19.4	39.2

** chi square $p < .01$

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 22: Average Number of Drinks Consumed at Each Drinking Occasion by Frequency of Annual Participation in Seven Social Leisure Pursuits, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Average Number of Drinks Consumed at Each Drinking Occasion: Total Population Estimate:	Average Number Drinks:	Standard Deviation:	Significance: (One-Way ANOVA)
Quiet Evening at Home:				.5308
Never	0			
Few Times a Year	5587			
Frequently	1478509	3.0	2.8	
Visited Someone Else's Home:				.0017
Never	46561	#4.9	#5.0	
Few Times a Year	269404	2.8	2.7	
Frequently	1166587	3.0	2.7	
Friends or Relatives Visit Your Home				.6607
Never	24682	#3.3	#4.0	
Few Times a Year	296174	3.2	2.7	
Frequently	1161027	3.0	2.8	
Go to Restauraunt in Evening:				
Never	111124	3.0	3.4	.1649
Few Times a Year	435869	2.7	2.5	
Frequently	937103	3.1	2.9	
Go to Restauraunt For Lunch:				
Never	473552	3.3	3.2	.1153
Few Times a Year	341777	2.9	2.8	
Frequently	667297	2.8	2.5	
Went to Bar or Tavern:				.0000
Never	677164	2.0	1.5	
Few Times a Year	364258	3.2	3.0	
Frequently	435533	4.4	3.6	
Go To a Club or Meeting:				.0005
Never	739993	3.4	3.3	
Few Times a Year	283906	2.6	1.8	
Frequently	458308	2.6	2.3	

NOTES:
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 23: Average Number of Drinks Consumed at Each Drinking Occasion by Frequency of Participation in Two Seasonal Leisure Activities, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Average Number of Drinks Consumed at Each Drinking Occasion: Total Population Estimate:	Average Number Drinks:	Standard Deviation:	Significance: (One-Way ANOVA)
Leisure Activities such as being at a Cottage, Camping or Boating:				.0750
Never	396924	2.7	2.8	
Few Times Per Year	834489	3.2	3.0	
Frequently	252683	2.8	2.2	
Sports Activities Such as Skiing, Softball or Golf:				.8763
Never	502147	2.9	3.1	
Few Times Per Year	334946	3.0	3.0	
Frequently	641596	3.1	2.5	

Table 24: Average Number of Drinks Consumed at Each Drinking Occasion by Frequency of Participation in Two Kinds of Special Leisure Occasions, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Average Number of Drinks Consumed at Each Drinking Occasion: Total Population Estimate:	Average Number Drinks:	Standard Deviation:	Significance: (One-Way ANOVA)
Attend a Party, Social Gathering or Wedding:				.0470
Never	86888	2.7	2.4	
Few Times Per Year	1090155	2.9	2.9	
Frequently	304458	3.5	2.7	
Go to a Concert, Sports Event or Festival:				.8903
Never	386190	3.0	3.1	
Few Times Per Year	229583	3.0	2.8	
Frequently	865748	3.1	2.2	

Table 25: Frequency of Alcohol Consumption While Participating in Seven Social Leisure Pursuits by Frequency of Annual Participation in Seven Social Leisure Pursuits, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Total Population Estimate:	Frequency of Drinking While Participating in Seven Social Leisure Pursuits: Never (%)	Up to Half the Time (%)	More Than Half the Time (%)
Quiet Evening at Home:				
Few Times a Year	5587			
Frequently	1485796	52.2	44.9	#2.9
*Visit Someone Else's Home:				
Few Times a Year	270792	14.9	74.2	10.9
Frequently	1169196	23.8	63.4	12.8
Friends or Relatives Visit Your Home:				
Few Times a Year	296174	28.0	58.3	#13.7
Frequently	1168313	23.6	60.7	15.7
Went to Restaurant in Evening:				
Few Times a Year	437104	28.1	41.5	30.4
Frequently	941457	28.4	45.0	26.5
Went to Restaurant For Lunch:				
Few Times a Year	343012	83.8	#13.2	
Frequently	673348	78.8	16.9	#4.3
Went to Bar or Tavern:				
Few Times a Year	366330		15.3	80.5
Frequently	436308		18.5	79.8
Go To a Club or Meeting:				
Few Times a Year	287411	69.1	21.4	#9.5
Frequently	459543	72.3	18.9	#8.7

* chi square $p < .05$

NOTES:
Excludes current drinkers who never participated in the activity
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 26: Frequency of Alcohol Consumption While Participating in Two Seasonal Leisure Activities by Frequency of Annual Participation in Two Seasonal Leisure Activities, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Total Population Estimate:	Frequency of Drinking While Participating in Two Seasonal Leisure Activities: Never (%)	Up to Half the Time (%)	More Than Half the Time (%)
Leisure Activities such as being at a Cottage, Camping or Boating:				
Few Times Per Year	838454	28.7	48.6	22.7
Frequently	253663	24.0	59.7	#16.2
Sports Activities Such as Skiing, Softball or Golf:				
Few Times Per Year	334189	65.8	24.4	#9.8
Frequently	642625	61.9	26.3	11.8

NOTES:
Excludes current drinkers who never participated in the activity
results should be interpreted cautionsly due to high sampling variability

Table 27: Frequency of Alcohol Consumption While Participating in Two Kinds of Special Leisure Occasions by Frequency of Annual Participation in Two Kinds Of Special Leisure Occasions, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Total Population Estimate:	Frequency of Drinking While Participating in Two Seasonal Leisure Activities: Never (%)	Up to Half the Time (%)	More Than Half the Time (%)
*Attend a Party, Social Gathering or Wedding:				
Few Times Per Year	1085471	#4.1	32.1	63.8
Frequently	305234		24.7	73.7
**Go to a Concert, Sports Event or Festival:				
Few Times Per Year	871354	71.6	22.2	6.2
Frequently	229583	57.6	32.7	#9.7

* chi square $p < .05$
** chi square $p < .01$

NOTES:
Excludes current drinkers who never participated in the activity
Some cells are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 28: Average Number of Drinks Consumed While Participating in Seven Social Leisure Pursuits by Frequency of Annual Participation in Seven Social Leisure Pursuits, 1989 NADS, Alberta

Frequency of Annual Participation in Seven Social Leisure Pursuits:	Average Number of Drinks Consumed While Participating in Seven Social Leisure Pursuits: Total Population Estimate:	Average Number Drinks:	Standard Deviation	Significance: (One-Way ANOVA)
Quiet Evening at Home:				.9511
Few Times a Year	1902			
Frequently	708904	1.9	1.3	
Visited Someone Else's Home:				.2354
Few Times a Year	231752	2.1	1.3	
Frequently	888920	2.3	2.2	
Friends or Relatives Visit Your Home				.7875
Few Times a Year	211944	2.3	1.4	
Frequently	888062	2.3	2.1	
Go to Restauraunt in Evening				.1380
Few Times a Year	314251	1.5	.7	
Frequently	674089	1.7	.9	
Go to Restauraunt For Lunch				.2603
Few Times a Year	53507	1.2	.4	
Frequently	136838	1.4	.7	
Went to Bar or Tavern:				.0000
Few Times a Year	353137	3.1	2.1	
Frequently	429150	4.5	4.1	
Go To a Club or Meeting:				.8135
Few Times a Year	88686	1.7	1.3	
Frequently	125486	1.8	1.0	

NOTES:
Excludes current drinkers who never participated in the activity
Some coefficients are suppressed due to high sampling variability

Table 29: Average Number of Drinks Consumed While Participating in Two Seasonal Leisure Activities by Frequency of Participation in Two Seasonal Leisure Activities, 1989 NADS, Alberta

Frequency of Participation in Two Seasonal Leisure Activities:	Total Population Estimate:	Average Number of Drinks Consumed While Participating in Two Seasonal Leisure Activities: Average Number Drinks:	Standard Deviation	Significance: (One-Way ANOVA)
Leisure Activities such as being at a Cottage, Camping or Boating:				.0412
Few Times Per Year	597645	3.4	3.0	
Frequently	192715	2.7	1.8	
Sports Activities Such as Skiing, Softball or Golf:				.0203
Few Times Per Year	113597	2.6	2.7	
Frequently	248752	1.9	1.2	

NOTES:
Excludes current drinkers who never participated in the activity

Table 30: Average Number of Drinks Consumed While Participating in Two Kinds of Special Leisure Occasions by Frequency of Participation in Two Kinds of Special Leisure Occasions, 1989 NADS, Alberta

Frequency of Participation in Two Kinds of Special Leisure Occasions:	Total Population Estimate:	Average Number of Drinks Consumed While Participating in Two Kinds of Special Leisure Ocasions: Average Number Drinks:	Standard Deviation:	Significance: (One-Way ANOVA)
Attend a Party, Social Gathering or Wedding:				
Few Times Per Year				.0034
Frequently	1052494	3.3	2.8	
	300374	4.0	2.6	
Go to a Concert, Sports Event or Festival:				.1921
Few Times Per Year	247172	2.5	3.1	
Frequently	97365	1.9	1.1	

NOTES:
Excludes current drinkers who never participated in the activity

Table 31: Sociodemographic Variables as Predictors of the Average Number of Drinks Consumed per Drinking Occasion in the Year Preceding the Survey, 1989 NADS, Alberta

Dependent Variable: Average Number of Drinks Consumed per Drinking Occasion

*Independent Variables:	B (Beta)	T	Signficance	Multiple R	R Square
				.42	.17
Other White Collar	.48	1.617	.1064		
Blue Collar	.65	2.169	.0304		
Not In Labour Force	.35	1.224	.2234		
Secondary or Less	.43	2.076	.0382		
<$20,000	.54	1.879	.0606		
$20,000 - $39,999	.01	.056	.9556		
Married	-.83	-2.964	.0031		
Previously Married	.43	1.139	.2551		
Females	-1.03	4.859	.0000		
25 - 39 years old	-.66	-2.217	.0269		
40 - 54 years old	-.96	- 2.640	.0085		
55 or older	-2.21	- 5.809	.0000		
(Constant)	3.05	9.322	.0000		

NOTES:
*reference groups for sociodemographic dummy variables are (1) gender=males; (2) age=15-24; (3) education=some postsecondary or more; (4) occupation=professional or managerial; (5) income=$40,000 or more; (6) marital status=single never married.

Table 32: Sociodemographic Variables and Having Frequently Visited a Bar or Tavern as Predictors of the Average Number of Drinks Consumed per Drinking Occasion in the Year Preceding the Survey, 1989 NADS, Alberta

Dependent Variable: Average Number of Drinks Consumed per Drinking Occasion

*Independent Variables:	B (Beta)	T	Signficance	Multiple R	R Square
				.44	.19
Other White Collar	.36	1.217	.2239		
Blue Collar	.60	2.020	.0438		
Not In Labour Force	.42	1.509	.1318		
Secondary or Less	.47	2.332	.0200		
<$20,000	.52	1.846	.0653		
$20,000 - $39,999	-.01	-.028	.9776		
Married	-.55	-1.913	.0561		
Previously Married	.52	1.394	.2551		
Females	-.86	4.033	.0001		
25 - 39 years old	-.48	-1.576	.1154		
40 - 54 years old	-.69	-1.863	.0629		
55 or older	-1.84	-4.159	.0000		
**Visit Bar/Tavern	.99	-4.159	.0000		
(Constant)	2.47	7.009	.0000		

NOTES:

*Reference groups for sociodemographic dummy variables are (1) gender=males; (2) age=15-24; (3) education=some postsecondry or more; (4) occupation=professional or managerial; (5) income=$40,000 or more; (6) marital status=single never married.

** Represents the influence of having frequently visited a bar or tavern in the year preceding the survey. All leisure activity variables were recoded in order to reveal the influence of having participated frequenty in the particular activity on the multiple regression equation.

Table 33-1: Average Amount of Alcohol Consumed during Leisure Activities by Amount of Alcohol Consumption Considered Acceptable in Eight Leisure-Oriented Social Situations, 1989 NADS, Alberta

Attitudes Towards Alcohol Consumption in Leisure-Oriented Social Situations:	Average Number of Drinks Usually Had When Visiting:	With Visitors:	Bar/Tavern:	Outdoor Leisure:	Social Gatherings:
Should There Be Drinking at a Party?					
No Drinking					
1-2 Drinks	1.9	1.8	3.0	2.5	2.9
*Feel+	3.2	3.1	5.0	4.3	4.7
Is Drinking OK For a Man at a Bar?					
No Drinking					
1-2 Drinks	1.9	1.9	2.8	2.4	2.7
Feel+	3.1	3.0	4.9	4.5	5.0
Is Drinking OK for a Woman at a Bar?					
No Drinking					
1-2 Drinks	1.9	1.9	2.9	2.5	2.7
Feel+	3.1	3.1	5.1	4.7	5.1
Is Drinking OK for a Couple Dining at Home?					
No Drinking	2.4	2.3	3.7	2.6	3.8
1-2 Drinks	2.1	2.1	3.6	2.9	3.2
Feel+	3.0	3.1	5.0	4.6	4.4

NOTES:
*This Category Combines two separate categories form the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.
Some coefficients are suppressed due to high sampling variability

Table 33-2: Average Amount of Alcohol Consumed during Leisure Activities by Amount of Alcohol Consumption Considered Acceptable in Eight Leisure-Oriented Social Situations, 1989 NADS, Alberta

Attitudes Towards Alcohol Consumption in Leisure-Oriented Social Situations:	Average Number of Drinks Usually Had When Visiting:	With Visitors:	Bar/Tavern:	Outdoor Leisure:	Social Gatherings:
Is Drinking OK for Co-Workers at Lunch?					
No Drinking	2.0	2.1	3.4	3.0	3.2
1-2 Drinks	2.6	2.4	4.6	3.3	3.7
*Feel+					
Is Drinking OK With Friends at Home?					
No Drinking	1.9				3.1
1-2 Drinks	3.1	1.8	3.0	2.5	2.9
*Feel+		3.4	5.3	4.9	5.0
Is Drinking Ok with Friends After Work?					
No Drinking	1.9	1.8	3.5	2.6	2.9
1-2 Drinks	2.3	2.2	3.7	3.1	3.4
*Feel+	4.1	5.0	6.3	6.6	5.9
Is Drinking OK for Sports or Recreation?					
No Drinking	1.9	2.0	3.3	2.6	3.0
1-2 Drinks	2.3	2.1	3.8	3.3	3.5
*Feel+	4.4	4.9	6.6	5.6	6.1

NOTES:
*This Category Combines two separate categories form the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.
Some coefficients are suppressed due to high sampling variability

Table 33-3: Average Amount of Alcohol Consumed during Leisure Activities by Amount of Alcohol Consumption Considered Acceptable in Eight Leisure-Oriented Social Situations:

Attitudes Towards Alcohol Consumption in Leisure-Oriented Social Situations:	Average Number of Drinks Usually Had					
	Quiet Evening at Home:	Restaurant for Evening:	Restaurant for Lunch:	Club or Meeting:	Sports Activities:	Concert, Sports Event or Festrival:
Should There Be Drinking at a Party?						
No Drinking						
1-2 Drinks	1.7	1.5	1.2	1.6	2.0	1.7
*Feel+	2.3	1.8	1.6	2.0	2.1	2.9
Is Drinking OK For a Man at a Bar?						
No Drinking						
1-2 Drinks	1.6	1.5	1.2	1.7	2.0	1.8
Feel+	2.3	1.9	1.6	1.9	2.2	2.8
Is Drinking OK for a Woman at a Bar?						
No Drinking						
1-2 Drinks	1.7	1.4	1.2	1.7	2.0	1.9
Feel+	2.3	2.0	1.6	2.0	2.3	2.7
Is Drinking OK for a Couple Dining at Home?						
No Drinking		1.5				
1-2 Drinks	1.8	1.6	1.2	1.8	2.1	2.0
Feel+	2.3	1.8	1.7	1.5	2.2	2.9

NOTES:
*This Category Combines two separate categories form the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.
Some coefficients are suppressed due to high sampling variability

Table 33-4: Average Amount of Alcohol Consumed during Leisure Activities by Amount of Alcohol Consumption Considered Acceptable in Eight Leisure-Oriented Social Situations:

Attitudes Towards Alcohol Consumption in Leisure-Oriented Social Situations:	Average Number of Drinks Usually Had					
	Quiet Evening at Home:	Restaurant for Evening:	Restaurant for Lunch:	Club or Meeting:	Sports Activities:	Concert, Sports Event or Festival:
Is Drinking OK for Co-Workers at Lunch?						
No Drinking	1.8	1.6	1.1	1.9	2.2	2.4
1-2 Drinks	2.0	1.7	1.4	1.6	2.1	2.1
*Feel+						
Is Drinking OK With Friends at Home?						
No Drinking						
1-2 Drinks	1.6	1.5	1.2	1.7	2.1	2.0
Feel+	2.6	1.9	1.6	2.0	2.3	2.7
Is Drinking OK with Friends After Work?						
No Drinking	1.9	1.4	1.1	1.9	2.0	2.2
1-2 Drinks	1.7	1.7	1.2	1.7	2.2	2.1
Feel+	3.2	2.2				
Is Drinking OK for Sports or Recreation?						
No Drinking	1.8	1.5	1.1	1.7	2.2	1.9
1-2 Drinks	1.8	1.6	1.3	1.8	2.2	2.2
Feel+	3.3	2.3				#3.5

NOTES:
*This Category Combines two separate categories form the survey: (1) Enough to feel the effects; and (2) Getting Drunk is Sometimes OK.
Some coefficients are suppressed due to high sampling variability
results should be interpreted cautionsly due to high sampling variability

Table 34-1: Average Amount of Alcohol Consumed during Leisure Activities by the Perception of the Harmful Effects of Alcohol Use on Personal Life, 1989 NADS, Alberta

Perception of the Harmful Effects of Alcohol Use on Personal Life:	Average Number of Drinks Usually Had When Visiting:	With Visitors:	Bar/Tavern:	Outdoor Leisure:	Social Gatherings:
Alcohol Use Ever Harmful to Friendships?					
Yes	2.8	2.8	4.4	4.1	4.4
No	2.2	2.2	3.7	3.0	3.3
Alcohol Use Ever Harmful to Health?					
Yes	3.2	3.0	5.1	4.4	4.7
No	2.2	2.2	3.6	3.0	3.3
Alcohol Use Ever Harmful to Happiness?					
Yes	3.2	2.9	4.9	4.0	4.3
No	2.2	2.2	3.7	3.1	3.4
Alcohol Use Ever Harmful to Home Life?					
Yes	3.2	3.2	5.0	4.2	4.9
No	2.2	2.2	3.7	3.1	3.3
Alcohol Use Ever Harmful to Work, Study?					
Yes	4.1	3.5	#4.9		5.5
No	2.2	2.2	3.8	3.2	3.4
Alcohol Use Ever Harmful to Finances?					
Yes	4.1	3.4	5.3	5.3	5.9
No	2.2	2.2	3.7	3.0	3.3

NOTES:
Some coefficients are suppressed due to high sampling variability
#results should be interpreted cautionsly due to high sampling variability

Table 34-2: Average amount of Alcohol consumed during Leisure Activities by the Perception of the Harmful Effects of Alcohol Use on Personal Life

Perception of the Harmful Effects of Alcohol Use on Personal Life:	Average Number of Drinks Usually Had					
	Quiet Evening at Home:	Restaurant for Evening:	Restaurant for Lunch:	Club or Meeting:	Sports Activities:	Concert, Sports Event or Festrival:
Alcohol Use Ever Harmful to Friendships?						
Yes	2.2	1.7			2.6	2.6
No	1.9	1.6	1.3	1.7	2.0	2.3
Alcohol Use Ever Harmful to Health?						
Yes	2.4	1.9			2.5	3.2
No	1.9	1.6	1.3	1.7	2.0	2.1
Alcohol Use Ever Harmful to Happiness?						
Yes	2.5	1.7				
No	1.9	1.6	1.3	1.7	2.0	2.3
Alcohol Use Ever Harmful to Home Life?						
Yes	2.5	2.0				
No	1.9	1.6	1.3	1.7	2.0	2.2
Alcohol Use Ever Harmful to Work, Study?						
Yes	2.6					
No	1.9	1.6	1.3	1.7	2.1	2.3
Alcohol Use Ever Harmful to Finances?						
Yes	2.7	1.8				
No	1.8	1.6	1.3	1.7	2.0	2.2

NOTES:
Some coefficients are suppressed due to high sampling variability

Table 35-1: Average Amount of Alcohol consumed during Leisure Activities by the Perception of the Effectiveness of Particular Alcohol Treatment Programs, 1989 NADS, Alberta

Perception of the Effectiveness of Treatment Programs:	Average Number of Drinks Usually Had When Visiting:	With Visitors:	Bar/Tavern:	Outdoor Leisure:	Social Gatherings:
Should Government Stop Alcohol-Sponsored Events?					
Yes	1.8	1.8	3.2	2.6	2.7
No	2.4	2.4	4.1	3.4	3.7
How Effective are Self-Help Programs?					
Very Effective	2.0	2.0	3.5	3.0	3.2
Little Effective	2.4	2.4	3.9	3.2	3.6
Ineffective		3.3			
How Effective are Emergency Phone Services?					
Very Effective	2.0	2.0	3.4	3.0	3.2
Little Effective	2.2	2.2	3.7	3.2	3.4
Ineffective					5.6
How Effective is Community Prevention?					
Very Effective	2.0	1.9	3.2	2.7	3.1
Little Effective	2.2	2.2	3.9	3.2	3.5
Ineffective	2.5	2.8	4.2	3.7	4.0
How Effective is Medical Treatment?					
Very Effective	2.2	2.0	3.7	3.5	3.4
Little Effective	2.2	2.3	3.8	3.0	3.5
Ineffective	2.5	2.6	4.2	3.6	3.9

NOTES:
Some coefficients are suppressed due to high sampling variability

Table 35-2: Average Amount of Alcohol Consumed during Leisure Activities by the Perception of the Effectiveness of Particular Alcohol Treatment Programs, 1989 NADS, Alberta

Perception of the Effectiveness of Treatment Programs:	Average Number of Drinks Usually Had					
	Quiet Evening at Home:	Restaurant for Evening:	Restaurant for Lunch:	Club or Meeting:	Sports Activities:	Concert, Sports Event or Festrival:
Should Government Stop Alcohol-Sponsored Events?						
Yes	1.8	1.4				
No	2.0	1.7	1.4	1.8	2.0	2.4
How Effective are Self-Help Programs?						
Very Effective	1.9	1.6	1.1	1.9	2.1	2.0
Little Effective	1.8	1.6	1.4	1.5	2.2	2.7
Ineffective						
How Effective are Emergency Phone Services?						
Very Effective	1.9	1.5	1.2	1.5	2.3	2.5
Little Effective	1.8	1.6	1.4	1.5	2.1	2.2
Ineffective						
How Effective is Community Prevention?						
Very Effective	1.7	1.7	1.2		2.6	
Little Effective	1.8	1.6	1.4	1.8	2.0	2.3
Ineffective	2.4	1.7			2.1	2.3
How Effective is Medical Treatment?						
Very Effective	1.9	1.6			2.1	2.2
Little Effective	1.9	1.7	1.4	1.6	2.2	2.4
Ineffective	2.5	1.5				

NOTES:
Some coefficients are suppressed due to high sampling variability

Table 36-1: Average Amount of Alcohol Consumed during Leisure Activities by the Perception of Alcohol-Related Community Problems, 1989 NADS, Alberta

Perception of Alcohol-Related Community Problems:	Average Number of Drinks Usually Had When Visiting:	With Visitors:	Bar/Tavern:	Outdoor Leisure:	Social Gatherings:
Drinking and driving?					
Yes	2.3	2.3	3.9	3.0	3.4
No	2.3	2.3	3.9	3.4	3.5
Alcohol-related family conflicts?					
Yes	2.4	2.2	3.4	3.1	3.4
No	2.2	2.3	4.0	3.2	3.5
Alcohol-related Public Distubrances?					
Yes	2.5	2.4	4.3	3.5	3.9
No	2.2	2.2	3.7	3.1	3.3
Alcohol-Related Health Problems?					
Yes	2.4	2.5	4.2	3.5	3.7
No	2.2	2.2	3.7	3.0	3.4
Problems in Worplace due to Alcohol Use?					
Yes	2.3	2.6	3.9	3.3	3.5
No	2.3	2.2	3.8	3.1	3.5
Illegal Drug Use or Crimminal Activity due to Alcohol or Drugs?					
Yes	2.3	2.3	4.0	3.2	3.6
No	2.3	2.3	3.8	3.2	3.4

NOTES:
Some coefficients are suppressed due to high sampling variability

Table 36-2: Average Amount of Alcohol Consumed during Leisure Activities by the Perception of Alcohol-Related Community Problems, 1989 NADS, Alberta

Perception of Alcohol-Related Community Problems:	Average Number of Drinks Usually Had					
	Quiet Evening at Home:	Restaurant for Evening:	Restaurant for Lunch:	Club or Meeting:	Sports Activities:	Concert, Sports Event or Festival:
Drinking and Driving?						
Yes	1.8	1.7	1.4	1.5	2.0	2.5
No	2.0	1.6	1.3	1.9	2.2	2.2
Alcohol-related Family Conflicts?						
Yes	1.8	1.6		1.6	1.9	2.2
No	2.0	1.6	1.4	1.8	2.2	2.4
Alcohol-related Public Distubrances?						
Yes	1.9	1.6			2.3	2.5
No	2.0	1.6	1.3	1.7	2.1	2.2
Alcohol-related Health Problems?						
Yes	1.8	1.7	1.4	1.8	2.1	2.7
No	1.9	1.6	1.3	1.7	2.1	2.2
Problems in Workplace due to Alcohol Use?						
Yes	1.9	1.7			2.4	2.8
No	1.9	1.6	1.3	1.7	2.0	2.2
Illegal Drug Use or Crimminal Activity due to Alcohol or Drugs?						
Yes	1.9	1.6		1.8	2.3	2.5
No	1.9	1.7	1.3	1.7	2.0	2.3

NOTES:
Some coefficients are suppressed due to high sampling variability

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APPENDIX A

NADS Questionnaire:

Statistics Canada Statistique Canada

NADS 02

Confidential when completed
"Authority Statistics Act, Revised Statutes of Canada, 1985, Chapter S19."

National Alcohol and Drug Survey

1: ___ - ___ - ____ Telephone number

4: ___ Stratum

5: ____ Sequence number

Interviewer Name: _____

INTRODUCTION

This survey is being conducted by Statistics Canada for Health and Welfare Canada. Your answers will help us better understand and deal with alcohol and drug use. While your participation is voluntary, it is essential to ensure that the results represent all Canadians. All your answers will be kept strictly confidential.

1. Would you prefer to be interviewed in English or French?

   1 ○ English 2 ○ French → *(Go to french questionnaire or make appointment)*

2. In general, compared to other persons your age would you say your health is...

   1 ○ Excellent?
   2 ○ Very Good?
   3 ○ Good?
   4 ○ Fair?
   5 ○ Poor?

3. During the past 12 months would you describe your life as...

   1 ○ Very stressful?
   2 ○ Fairly stressful?
   3 ○ Not very stressful?
   4 ○ Not at all stressful?

4. Over the past 12 months when you needed help or had a problem, how supportive or helpful were your family or friends? Were they...

   1 ○ Very helpful?
   2 ○ Helpful?
   3 ○ Somewhat helpful?
   4 ○ Not helpful?
   5 ○ N/A, do not need family or friends

5. What is your current marital status? Are you...

   1 ○ legally married (and not separated)? → *go to 7*
   2 ○ separated?
   3 ○ divorced?
   4 ○ widowed?
   5 ○ never married?

6. Are you currently living with a partner?

   1 ○ Yes 2 ○ No

TOBACCO CONSUMPTION

7. Now I'd like to ask you some questions about smoking.

   Have you ever been a cigarette smoker?

   1 ○ Yes 2 ○ No → *go to 12*

8. How old were you when you started smoking?

   ☐☐

9. At the present time do you smoke cigarettes?

   1 ○ Yes → *go to 11* 2 ○ No

10. In which year did you stop smoking?

    1 9 ☐☐ year

11. How many cigarettes do/did you usually smoke per day?

    ☐☐ OR 1 ○ Do/did not smoke every day

ALCOHOL CONSUMPTION

12. The next few questions are about alcohol. In these questions when we use the word drink it means:

    — one bottle of beer or glass of draft
    — one glass of wine or a wine cooler
    — one straight or mixed drink with one ounce and a half of hard liquor

    During the past 12 months have you had a drink of any alcoholic beverage?

    1 ○ Yes → *go to 18* 2 ○ No

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Canada

13. There are many reasons to limit one's drinking or avoid drinking altogether. What are your reasons for not drinking?

- [01] ○ health reasons, not healthy
- [02] ○ don't like the taste
- [03] ○ don't like the effect it has on me
- [04] ○ I have seen bad examples of what alcohol can do
- [05] ○ for diet reasons, in athletic training
- [06] ○ I am afraid I will become dependent on alcohol
- [07] ○ drinking could affect my job
- [08] ○ waste of money
- [09] ○ religious reasons
- [10] ○ brought up not to drink
- [11] ○ alcoholic or had alcohol problem
- [12] ○ other

14. How often during the past 12 months did you participate in the following activities?

	Less than once a month: A few times a year	1–3 times a month: A few times a month	Once a week	More than once a week	Never
a) Spend a quiet evening at home	[01] ○	[02] ○	[03] ○	[04] ○	[05] ○
b) Spend time at someone else's home	[06] ○	[07] ○	[08] ○	[09] ○	[10] ○
c) Have friends or relatives visit your home	[11] ○	[12] ○	[13] ○	[14] ○	[15] ○
d) Go to a restaurant in the evening (excluding fast food)	[16] ○	[17] ○	[18] ○	[19] ○	[20] ○
e) Go to a restaurant for lunch (excluding fast food)	[21] ○	[22] ○	[23] ○	[24] ○	[25] ○
f) Go to a bar/tavern	[26] ○	[27] ○	[28] ○	[29] ○	[30] ○
g) Go to a club or a meeting	[31] ○	[32] ○	[33] ○	[34] ○	[35] ○

15. How many times during the past 12 months did you participate in the following special occasions or seasonal activities?

	Less than 12 times: A few times a year	12–51 times: A few times a month	52 times: Once a week	More than 52 times: More than once a week	Never
a) Leisure activities such as being at a cottage, camping or boating	[01] ○	[02] ○	[03] ○	[04] ○	[05] ○
b) Sports activities such as skiing, softball or golf	[06] ○	[07] ○	[08] ○	[09] ○	[10] ○
c) Attend a party, social gathering or wedding	[11] ○	[12] ○	[13] ○	[14] ○	[15] ○
d) Go to a concert, sports event or festival	[16] ○	[17] ○	[18] ○	[19] ○	[20] ○

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16. Did you ever drink alcoholic beverages regularly?

1 ○ Yes ⟶ *go to 37*

2 ○ No

17. Does this mean that you have never had a drink?

1 ○ Yes
2 ○ No
} *go to 48*

18. I'm going to read several statements about the reasons why people drink. For each tell me if it is a reason you drink. Do you drink...

	Yes	No
a) To be sociable?	01 ○	02 ○
b) To add to the enjoyment of meals?	03 ○	04 ○
c) To feel good?	05 ○	06 ○
d) To help you relax?	07 ○	08 ○
e) To forget worries?	09 ○	10 ○
f) To feel less inhibited or shy?	11 ○	12 ○

19. During the past 12 months how often on average did you drink alcoholic beverages? Was it...

1 ○ everyday?

2 ○ 4–6 times a week?

3 ○ 2–3 times a week?

4 ○ once a week?

5 ○ 1–3 times a month?

6 ○ less than once a month?

20. On the days when you drank how many drinks did you usually have?

☐☐ number of drinks

21. What types of alcoholic beverages do you usually drink? *(mark all that apply)*

1 ○ beer

2 ○ light beer

3 ○ wine

4 ○ wine coolers

5 ○ straight liquor

6 ○ mixed liquor

7 ○ other

22. How many times in the past 12 months have you had FIVE or more drinks on one occasion?

☐☐☐

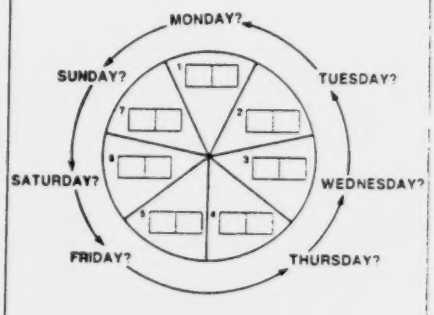
23. In the past 12 months, what is the highest number of drinks you can recall having on any one occasion?

☐☐

24. Thinking back over the last 7 days, starting with yesterday, how many drinks did you have on each day?

1 ○ None at all ⟶ *go to 25*

How many drinks did you have on...



25. How often during the past 12 months did you participate in the following activities?

	A. Less than once a month: A few times a year	A. 1–3 times a month: A few times a month	A. Once a week	A. More than once a week	A. Never	B. When you _____ how often do you drink? Never	Less than ½ the time	½ the time	More than ½ the time	Always	C. How many drinks do you usually have? Number of drinks
a) Spend a quiet evening at home	01	02	03	04	05	01	02	03	04	05	1
b) Spend time at someone else's home	06	07	08	09	10	06	07	08	09	10	2
c) Have friends or relatives visit your home	11	12	13	14	15	11	12	13	14	15	3
d) Go to a restaurant in the evening (excluding fast food)	16	17	18	19	20	16	17	18	19	20	4
e) Go to a restaurant for lunch (excluding fast food)	21	22	23	24	25	21	22	23	24	25	5
f) Go to a bar/tavern	26	27	28	29	30	26	27	28	29	30	6
g) Go to a club or a meeting	31	32	33	34	35	31	32	33	34	35	7

26. How many times during the past 12 months did you participate in the following special occasions or seasonal activities?

	A. Less than 12 times: A few times a year	A. 12–51 times: A few times a month	A. 52 times: Once a week	A. More than 52 times: More than once a week	A. Never	B. When you _____ how often do you drink? Never	Less than ½ the time	½ the time	More than ½ the time	Always	C. How many drinks do you usually have? Number of drinks
a) leisure activities such as being at a cottage, camping or boating	01	02	03	04	05	01	02	03	04	05	1
b) sports activities such as skiing, softball or golf	06	07	08	09	10	06	07	08	09	10	2
c) Attend a party, social gathering or wedding	11	12	13	14	15	11	12	13	14	15	3
d) Go to a concert, sports event, or festival	16	17	18	19	20	16	17	18	19	20	4

27. During the past 12 months, how often did you drink...

	Never	Less than once a month: A few times a year	1–3 times a month: A few times a month	Once a week	More than once a week
a) with friends?	01	02	03	04	05
b) with your spouse/partner?	06	07	08	09	10
(If respondent is not married or living with a partner do not ask, and mark 'never')					
c) with family members or relatives?	11	12	13	14	15
d) with co-workers?	16	17	18	19	20
e) by yourself or when others were not drinking?	21	22	23	24	25

28. As the price of alcoholic beverages has increased, have you...

	Yes	No
a) cut down the amount you drink (buy)?	01	02
b) switched to a cheaper brand?	03	04
c) made your own?	05	06
d) drank at home instead of going out to drink?	07	08
e) bought more duty free liquor whenever possible?	09	10
f) looked for occasions when drinks were free?	11	12

29. In the past 12 months, have you been invited to have a drink by any of the following?

	Yes	No
a) your spouse/partner *(If respondent is not married or living with a partner do not ask, and mark 'no')*	1	2
b) a family member or relative	3	4
c) a friend	5	6
d) a co-worker	7	8

30. In the past 12 months, have you taken a drink to please anyone although you did not feel like drinking?

1 Yes 2 No ⟶ *go to 31*

Was it to please...

	Yes	No
a) your spouse/partner? *(If respondent is not married or living with a partner, do not ask, and mark 'no')*	1	2
b) a family member or relative?	3	4
c) a friend?	5	6
d) a co-worker?	7	8

31. In the past 12 months, has there been an occasion when you would have liked to take a drink but did not in order to please anyone?

1 Yes 2 No ⟶ *go to 32*

Was it to please...

	Yes	No
a) your spouse/partner? *(If respondent is not married or living with a partner do not ask, and mark 'no')*	1	2
b) a family member or relative?	3	4
c) a friend?	5	6
d) a co-worker?	7	8

32. Do you drive a motor vehicle?

1 Yes 2 No ⟶ *go to 35*

33. In the past 12 months have you been in a motor vehicle accident with you as the driver, even if it wasn't your fault?

1 Yes 2 No

34. In the past 12 months, how many times have you driven after having two or more drinks in the previous hour?

☐☐ number of occurrences

35. Have you ever had any contact with the police as a result of your drinking?

[1] Yes [2] No

36. Was there ever a time that you felt your alcohol use had a harmful effect on...

		Was this during the past 12 months? Yes	No
a) your friendships or social life?	[01] Yes →	[01]	[02]
	[02] No		
b) your physical health?	[03] Yes →	[03]	[04]
	[04] No		
c) your outlook on life (happiness)?	[05] Yes →	[05]	[06]
	[06] No		
d) your home life or marriage?	[07] Yes →	[07]	[08]
	[08] No		
e) your work, studies or employment opportunities?	[09] Yes →	[09]	[10]
	[10] No		
f) your financial position?	[11] Yes →	[11]	[12]
	[12] No		

37. Have you ever stopped drinking altogether for a period of time?

[1] Yes [2] No → *go to 40*

38. When was the last time? Was it...

[1] within the past 12 months?

[2] 1–5 years ago?

[3] over 5 years ago?

39. How long did it last?

[1] still continuing

[2] less than 1 month

[3] 1–3 months

[4] 4–6 months

[5] 7–11 months

[6] 1–2 years

[7] 3–5 years

[8] more than 5 years

40. Have you ever reduced or cut down the amount you drink without quitting completely?

[1] Yes → *go to 42* [2] No

41. *INTERVIEWER CHECK ITEM:*

[1] *If 'No' in 37 and 'No' in 40 go to 46*

[2] *Otherwise go to 44*

42. When was the last time? Was it...

[1] within the past 12 months?

[2] 1–5 years ago?

[3] over 5 years ago?

43. How long did it last?

[1] still continuing

[2] less than 1 month

[3] 1–3 months

[4] 4–6 months

[5] 7–11 months

[6] 1–2 years

[7] 3–5 years

[8] more than 5 years

44. Why did you reduce drinking or quit drinking altogether?

	Yes	No
a) for reasons such as pregnancy, dieting, athletic training, etc.	[01]	[02]
b) because you were getting older	[03]	[04]
c) you thought you were drinking too much/or had a drinking problem	[05]	[06]
d) it was affecting your work, studies or employment opportunities	[07]	[08]
e) it was interfering with your family or home life	[09]	[10]
f) it was affecting your physical health	[11]	[12]
g) it was affecting your friendships or social life	[13]	[14]
h) it was affecting your financial position	[15]	[16]
i) it was affecting your outlook on life, happiness	[17]	[18]
j) because of influence from your family or friends	[19]	[20]

45. Which of the following things did you do to reduce the amount you drink, or to quit altogether?

	Yes	No
a) Skip parties or other social events?	01 ○	02 ○
b) Avoid being with friends who drink a lot?	03 ○	04 ○
c) Go to bars and taverns less often?	05 ○	06 ○
d) Limit the number of drinks you have?	07 ○	08 ○
e) Change what you drink? (eg. changed to soft drinks or light beer)	09 ○	10 ○
f) Get involved in activities that do not include drinking?	11 ○	12 ○

46. There are many services and help for people concerned about drinking. Have you ever used any of the services or help offered for yourself?

1 ○ Yes 2 ○ No ⟶ *go to 48*

47. Which services or help did you use?

01 ○ family member/friend

02 ○ A.A. (Alcoholics Anonymous), Al-Anon, support group

03 ○ psychologist, psychiatrist, social worker

04 ○ psychiatric hospital

05 ○ minister, priest, rabbi

06 ○ doctor, nurse

07 ○ hospital, emergency department

08 ○ alcohol/drug addiction agency

09 ○ detox (detoxification) centre, halfway house

10 ○ other

48. *INTERVIEWER CHECK ITEM:*

1 ○ *If legally married or living with partner (1 in Q5 or 1 in Q6), go to 49*

2 ○ *Otherwise, go to 51*

49. Thinking about the past 12 months, how often has your spouse/partner had a drink? Was it . . .

1 ○ **everyday?**

2 ○ **4–6 times a week?**

3 ○ **2–3 times a week?**

4 ○ **once a week?**

5 ○ **1–3 times a month?**

6 ○ **less than once a month?**

7 ○ **don't know**

8 ○ **never?** ⟶ *go to 51*

50. On the days when he/she drank, how many drinks did he/she usually have?

☐☐ number of drinks

51. Now I'll describe situations that people sometimes find themselves in. For each one, please tell me how much a person in that situation should feel free to drink.

Should there be . . .

	No drinking?	1–2 drinks?	Enough to feel the effects?	Getting drunk is sometimes OK?	Don't know
a) at a party, at someone else's home?	01 ○	02 ○	03 ○	04 ○	05 ○
b) for a man out at a bar with friends?	06 ○	07 ○	08 ○	09 ○	10 ○
c) for a woman out at a bar with friends?	11 ○	12 ○	13 ○	14 ○	15 ○
d) for a couple having dinner at home?	16 ○	17 ○	18 ○	19 ○	20 ○
e) for co-workers out to lunch?	21 ○	22 ○	23 ○	24 ○	25 ○
f) with friends at your home?	26 ○	27 ○	28 ○	29 ○	30 ○
g) when getting together with friends after work before going home?	31 ○	32 ○	33 ○	34 ○	35 ○
h) when getting together with people for sports events or recreation?	36 ○	37 ○	38 ○	39 ○	40 ○

	Yes	No	Don't know/ N/A
52. a) Have you ever spoken to somebody at work because drinking was affecting their performance?	1	2	3
b) Have you ever driven/or arranged for transportation to take someone home from a party because you thought they had too much to drink?	4	5	6
c) Have you ever called the police after seeing a drunk person get behind the wheel or drive dangerously?	7	8	9

53. The next few questions are about your experience with other people's drinking problems. Have you ever...

		Was this during the past 12 months? Yes	No
a) Been insulted or humiliated by someone who had been drinking?	01 Yes →	01	00
	02 No		
b) Had serious arguments or quarrels as a result of someone else's drinking?	03 Yes →	03	04
	04 No		
c) Had friendships break up as a result of someone else's drinking?	05 Yes →	05	06
	06 No		
d) Had family problems or marriage difficulties due to someone else's drinking?	07 Yes →	07	08
	08 No		
e) Been a passenger with a driver who had too much to drink?	09 Yes →	09	10
	10 No		
f) Been in a motor vehicle accident because of someone else's drinking?	11 Yes →	11	12
	12 No		
g) Had your property vandalized by someone who had been drinking?	13 Yes →	13	14
	14 No		
h) Been pushed, hit or assaulted by someone who had been drinking?	15 Yes →	15	16
	16 No		
i) Been disturbed by loud parties or the behaviour of people drinking?	17 Yes →	17	18
	18 No		
j) Had financial trouble because of someone else's drinking?	19 Yes →	19	20
	20 No		

54.		Was this during the past 12 months? Yes	No
a) Has your spouse/ partner ever had a drinking problem?	1 Yes →	1	3
(If respondent is not married or living with a partner do not ask, and mark 'no')	3 No		
b) Has a family member or relative ever had a drinking problem?	3 Yes →	3	4
	4 No		
c) Have you ever had a friend with a drinking problem?	3 Yes →	3	5
	5 No		
d) Have you ever known a co-worker who had a drinking problem?	1 Yes →	1	5
	5 No		

55. *INTERVIEWER CHECK ITEM:*

1 *If all 'NO' in 54, go to 58*

2 *If one or more 'yes' responses, refer to the first 'yes' in 54 when asking questions 56 and 57*

56. Did you do any of the following because of your _____'s drinking problem? Did you...

	Yes	No	
a) avoid the person?	1	2	
b) give advice?	3	4	
c) suggest they seek professional help or help them to get assistance?	5	6 →	*go to 58*

57. Which services or help did you suggest?

01 family member/friend

02 A.A (Alcoholics Anonymous), Al-Anon, support group

03 Psychologist, psychiatrist, social worker

04 psychiatric hospital

05 minister, priest, rabbi

06 doctor, nurse

07 hospital, emergency department

08 alcohol/drug addiction agency

09 detox (detoxification) centre, halfway house

10 other

58. The next few questions refer to the use of medicines and pills in the last 30 days.

INTERVIEWER CHECK ITEM:
If respondent is a non-drinker (No to Q12) do not ask Part C.

	A. In the past 30 days did you take any of the following medications?	B. Was this with a doctor's order or prescription?	C. Did you consume any alcoholic beverages while using this medication?
a)	aspirin or similar pain reliever (includes arthritis medicine)	[01] Yes → [01] Yes [02] No	[01] Yes [02] No
	[02] No		
b)	tranquilizers such as valium	[03] Yes → [03] Yes [04] No	[03] Yes [04] No
	[04] No		
c)	diet pills or stimulants	[05] Yes → [05] Yes [06] No	[05] Yes [06] No
	[06] No		
d)	anti-depressants	[07] Yes → [07] Yes [08] No	[07] Yes [08] No
	[08] No		
e)	codeine, demerol, morphine	[09] Yes → [09] Yes [10] No	[09] Yes [10] No
	[10] No		
f)	allergy medicine such as sinutab	[11] Yes → [11] Yes [12] No	[11] Yes [12] No
	[12] No		
g)	cough or cold remedies	[13] Yes → [13] Yes [14] No	[13] Yes [14] No
	[14] No		
h)	penicillin or similar antibiotics	[15] Yes → [15] Yes [16] No	[15] Yes [16] No
	[16] No		
i)	medicine for the heart or blood pressure	[17] Yes → [17] Yes [18] No	[17] Yes [18] No
	[18] No		
j)	insulin or similar diabetic medicine	[19] Yes → [19] Yes [20] No	[19] Yes [20] No
	[20] No		
k)	sleeping pills	[21] Yes → [21] Yes [22] No	[21] Yes [22] No
	[22] No		
l)	stomach remedies, laxatives	[23] Yes → [23] Yes [24] No	[23] Yes [24] No
	[24] No		

59. Have you ever used any of the following?

		B. Have you used it in the past 12 months? Yes	No
a) Marijuana or hash	01 ○ Yes →	01 ○	02 ○
	02 ○ No		
b) Cocaine or crack	03 ○ Yes →	05 ○	04 ○
	04 ○ No		
c) LSD (acid)	05 ○ Yes →	05 ○	06 ○
	06 ○ No		
d) Speed (amphetamines)	07 ○ Yes →	07 ○	08 ○
	08 ○ No		
e) Heroin	09 ○ Yes →	09 ○	10 ○
	10 ○ No		

IF ALL NO IN 59 GO TO 68

60. There are many services and help for people concerned about drugs. Have you ever used any of the services or help offered for yourself?

1 ○ Yes 2 ○ No

61. Have you ever had any contact with the police as a result of your drug use?

1 ○ Yes 2 ○ No

62. *INTERVIEWER CHECK ITEM:*

1 ○ *If respondent has used marijuana in the past 12 months ('yes' to second part of 59a) go to 63*

2 ○ *Otherwise, go to 68*

63. I'm going to read several statements about the reasons why people use marijuana or hash. For each tell me if that is a reason you have for using marijuana.

	Yes	No
a) To feel high	01 ○	02 ○
b) To relax	03 ○	04 ○
c) To forget worries	05 ○	06 ○
d) To be sociable	07 ○	08 ○
e) To feel less inhibited or shy	09 ○	10 ○
f) To see what it was like	11 ○	12 ○

64. How often have you used marijuana or hash in the past 12 months?

1 ○ less than once a month

2 ○ 1–3 times a month

3 ○ once a week

4 ○ more than once a week

65. During the past 12 months have you used marijuana or hash in the following places?

	Yes	No
a) at a bar/tavern	01 ○	02 ○
b) at a private home	03 ○	04 ○
c) at school/university	05 ○	06 ○
d) at a party or social gathering	07 ○	08 ○
e) at a concert, sports event, festival, etc.	09 ○	10 ○
f) outdoors: while boating, camping, skiing, fishing	11 ○	12 ○

66. Have you used marijuana or hash with the following people during the last 12 months?

	Yes	No
a) with your spouse/partner *(If respondent is not married or living with a partner do not ask, and mark 'no')*	01 ○	02 ○
b) with a family member or relative	03 ○	04 ○
c) with friends	05 ○	06 ○
d) with co-workers	07 ○	08 ○
e) while alone	09 ○	10 ○

67. In the past 12 months have you driven within two hours of using marijuana/hash?

1 ○ Yes 2 ○ No

68. The next few questions concern problems with the use of illegal drugs or prescription drugs which may have been experienced by others.

	Yes	No
a) Has your spouse/partner ever had a drug problem? *(If respondent is not married or living with a partner do not ask, and mark 'no')*	1 ○	2 ○
b) Has a family member or relative ever had a drug problem?	3 ○	4 ○
c) Have you ever had a friend with a drug problem?	5 ○	6 ○
d) Have you ever known a co-worker who had a drug problem?	7 ○	8 ○

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69. ***INTERVIEWER CHECK ITEM:***

[1] ○ *If all 'NO' in 68 ⟶ go to 72.*

[2] ○ *If one or more 'YES' responses refer to the first 'YES' in 68 when asking questions 70 and 71.*

70. Did you do any of the following because of your _____'s drug problem? Did you...

	Yes	No
a) avoid the person?	[1] ○	[2] ○
b) give advice?	[3] ○	[4] ○
c) suggest they seek professional help or help them to get assistance?	[5] ○	[6] ○ ⟶ *go to 72*

71. Which services or help did you suggest?

[01] ○ family member, friend

[02] ○ A.A.(Alcoholics Anonymous), Al-Anon, support group, Narcotics Anonymous

[03] ○ psychologist, psychiatrist, social worker

[04] ○ psychiatric hospital

[05] ○ minister, priest, rabbi

[06] ○ doctor, nurse

[07] ○ hospital, emergency department

[08] ○ alcohol/drug addiction agency

[09] ○ detoxification (detox) centre, half-way house

[10] ○ other

72. Have any of the following situations ever happened to you?

	Yes	No
a) Have there been times when you would have welcomed more details from your pharmacist or doctor about side-effects of medication?	[1] ○	[2] ○
b) Have you ever expressed concern to a friend or relative about their use of prescription drugs?	[3] ○	[4] ○
c) Have you ever contacted the police because you knew of someone using drugs?	[5] ○	[6] ○
d) Have you ever suggested to a friend that they stop using drugs?	[7] ○	[8] ○

73. Now we have just a few more questions to ask on how you feel about laws concerning alcohol and drugs. Do you think...

	Increase	Decrease	Same	Don't know
a) Taxes on alcoholic beverages should be increased, decreased or remain the same?	[01] ○	[02] ○	[03] ○	[04] ○
b) Beer and liquor store hours should be increased, decreased or remain the same?	[05] ○	[06] ○	[07] ○	[08] ○
c) The legal drinking age should be raised, lowered or remain the same?	[09] ○	[10] ○	[11] ○	[12] ○
d) Efforts to prevent drunken customers being served should be increased, decreased or remain the same?	[13] ○	[14] ○	[15] ○	[16] ○
e) Government's advertising against drinking should be increased, decreased or remain the same?	[17] ○	[18] ○	[19] ○	[20] ○
f) Alcohol or drug education and prevention programs should be increased, decreased or remain the same?	[21] ○	[22] ○	[23] ○	[24] ○
g) Treatment programs should be increased, decreased or remain the same?	[25] ○	[26] ○	[27] ○	[28] ○

74. Do you think alcoholic beverages should be available in the corner stores?

[1] Yes [2] No [3] Don't know

75. Do you think alcoholic beverages should have warning labels about possible health hazards?

[1] Yes [2] No [3] Don't know

76. Should the government prohibit wine, liquor and beer advertising on T.V.?

[1] Yes [2] No [3] Don't know

77. Should the government prohibit wine/liquor/beer companies from sponsoring sporting or cultural events?

[1] Yes [2] No [3] Don't know

78. We would like your opinion about programs to reduce problems with alcohol, abuse of medication, and illegal drug use. Do you think...

	Very effective	Moderately effective	Not at all effective	Don't know/ No opinion
a) self help programs such as AA, are very effective, moderately effective, not effective at all?	01	02	03	04
b) emergency telephone services are very effective, moderately effective, not effective at all?	05	06	07	08
c) community prevention efforts such as providing workshops and information on alcohol and drugs are very effective, moderately effective, not effective at all?	09	10	11	12
d) treatment by social workers or medical staff in the area of alcohol and drugs are very effective, moderately effective, not effective at all?	13	14	15	16

79. The possession of marijuana is currently illegal in Canada. Do you think a person should get a criminal record if he/she is caught possessing marijuana?

[1] Yes [2] No [3] Don't know

80. Do the following problems exist in your community or neighbourhood enough for you to be concerned?

	Yes	No
a) drinking and driving?	01	02
b) family conflicts related to alcohol use?	03	04
c) public fights or disturbances from alcohol use?	05	06
d) alcohol related health problems?	07	08
e) problems in the workplace due to alcohol use?	09	10
f) misuse of prescription drugs and over the counter drugs?	11	12
g) illegal drug use or criminal activity due to alcohol or drugs?	13	14

81. Now I would like to ask you a few questions about yourself.

How much do you currently weigh?

[1] ☐☐☐ pounds OR [2] ☐☐☐ kilograms

82. How tall are you?

[1] ☐ feet ☐☐ inches OR [2] ☐☐☐ centimetres

83. What is the highest grade or level of education you have ever completed?

[1] No schooling
[2] Elementary
[3] Some } secondary
[4] Completed } secondary
[5] Some } community college, technical college, CEGEP, nurse's training
[6] Completed } community college, technical college, CEGEP, nurse's training
[7] Some } university or teacher's college
[8] Completed } university or teacher's college
[9] Other education or training

84. Which of the following best describes your main activity during the past 12 months? Were you mainly...

[1] Working at a job or business → *go to 86*
[2] Looking for work → *go to 85*
[3] A student } *go to 88*
[4] Retired } *go to 88*
[5] Keeping house } *go to 88*
[6] other } *go to 88*

85. Did you have a job at any time during the past 12 months?

1 ○ Yes 2 ○ No ⟶ *go to 88*

86. What kind of business, industry or service is/was it that you work/worked for?

87. What kind of work do/did you do?

88. In the past FIVE years, have you been continuously unemployed for a year or longer (that is not being paid for work but looking for work)?

1 ○ Yes 2 ○ No

89. What language do you speak at home now *(if more than one language, which is spoken most often)*?

1 ○ English
2 ○ French
3 ○ German
4 ○ Italian
5 ○ Chinese
6 ○ Other

90. Which ethnic or cultural group do you belong to?

01 ○ Canadian
02 ○ French
03 ○ English (British)
04 ○ German
05 ○ Scottish
06 ○ Irish
07 ○ Italian
08 ○ Ukrainian
09 ○ Dutch
10 ○ Chinese
11 ○ Jewish
12 ○ Polish
13 ○ Portugese
14 ○ Other

91. What if any is your religion?

01 ○ None ⟶ *go to 93*
02 ○ Roman Catholic
03 ○ United Church
04 ○ Anglican
05 ○ Presbyterian
06 ○ Baptist
07 ○ Pentecostal
08 ○ Lutheran
09 ○ Greek Orthodox
10 ○ Ukrainian Catholic
11 ○ Jewish
12 ○ Jehovah's Witness
13 ○ Mennonite
14 ○ Islam
15 ○ Hindu
16 ○ Other

92. Do you consider yourself to be very religious, moderately religious, or not very religious?

1 ○ Very religious
2 ○ Moderately religious
3 ○ Not very religious

93. Are there any children under 15 living in the household?

1 ○ Yes 2 ○ No

How many are...

5 years old or less? 1 [ ]

6 to 11 years old? 2 [ ]

12 to 14 years old? 3 [ ]

94. What was your household's total income from all sources before taxes and deductions for 1988? Was it...

10 ○ Less than $20,000
- 11 ○ Less than $10,000
  - 13 ○ Less than $5,000
  - 14 ○ $5,000 or more
- 12 ○ $10,000 or more
  - 15 ○ Less than $15,000
  - 16 ○ $15,000 or more

20 ○ $20,000 or more
- 21 ○ Less than $40,000
  - 23 ○ Less than $30,000
  - 24 ○ $30,000 or more
- 22 ○ $40,000 or more
  - 25 ○ Less than $60,000
  - 26 ○ $60,000 or more

97 ○ no income
98 ○ don't know

95. How many household members contributed to this income?

1 ○ one

2 ○ two

3 ○ three

4 ○ four or more

THANK RESPONDENT

Comments: